



**Aqua AMP** | 45-min format | This class offers a strength circuit designed to work all your major muscle groups.

**Aqua Fit** | 45-minute format | This multi-level aqua workout offers both cardiovascular and muscle conditioning using the water's resistance for a full body workout.

**Aqua Core** | 45-minute format | This workout is designed to tone and sculpt the body, while strengthening your core. Aqua Core + Yoga offers 30-minutes of core, followed by 15-minutes of yoga.

**Aqua ROM+E** | 45-minute format | This low impact class will focus on range of motion for the entire body while elevating your heart rate in a controlled manner. Great for beginners or individuals with arthritis and/or fibromyalgia.

**Aqua Zumba®** | 45-minute format | This class offers a low impact, high energy aquatic exercise class blending the Zumba® philosophy with water resistance to offer a pool party you won't want to miss.

\*Kids age 11-13 may attend classes with parent

\*The schedule is subject to change based on attendance & instructor availability

Time	Class	Instructor	Intensity
<b>MONDAY</b>			
8:30 am	Aqua Fit	Kyle/Natalie	Medium
10:30 am	Aqua AMP	Kyle	Medium - Heavy
<b>TUESDAY</b>			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Core	Natalie	Medium
<b>WEDNESDAY</b>			
8:30 am	Aqua ROM + E	Christy	Light - Medium
10:30 am	Aqua Core + Yoga	Kyle	Medium
<b>THURSDAY</b>			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Amp	Samantha	Medium - Heavy
<b>FRIDAY</b>			
8:30 am	Aqua Core + Yoga	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium
<b>SATURDAY</b>			
8:45 am	Aqua Zumba®	Amy/Dena	Medium

**Closed Labor Day** | The HFC will be closed Monday, September 1 in observance of Labor Day.

**National Women's Health & Fitness Day | Wednesday, September 24**

*Strong Women, Stronger Together*

♥ **Wear Pink** + Wellness Pledge Wall

🧘 **Special Rise & Align Yoga** with Amanda at 6:05 am

🎤 **Power Hour Panel: Real Talk on Women's Strength, Hormones & Health** at 12:00 pm. Panelist: Dr. Keitha Holland, Amanda Castillo, and Ashley Robb MS, RDN, LD