



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## WATER FITNESS CLASS SCHEDULE

Effective 1.2.18

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m. (deep end)	Hydro Fit		Hydro Fit		Hydro Fit
8:15 a.m.	Water Range of Motion		Water Range of Motion		Water Range of Motion
9:00 a.m.	Water Fit	Water Fit	Water Fit	Water Fit	Water Fit
10:00 a.m.	Poolattes		Poolattes		Poolattes
11:15 a.m.	Water Range of Motion		Water Range of Motion		Water Range of Motion
1:15 p.m.	Water Range of Motion		Water Range of Motion		Water Range of Motion
5:30 p.m. (shallow)	Poolattes	Aqua Fit		Aqua Fit	
5:30 p.m. (deep end)	Hydro Fit	Hydro Fit		Hydro Fit	



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## WATER FITNESS DESCRIPTIONS

### **HYDRO FIT:**

This deep water class of moderate to high intensity is designed to increase flexibility and strengthen, lengthen, and tone muscles with lots of high energy added. This no-impact cardio workout increases cardiorespiratory function and overall endurance. Flotation belts are provided for safety and comfort.

### **POOLATTES:**

This program creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Improve posture and body awareness. Learn how to move the body as an integrated whole. This program appeals to a wide spectrum of ages and fitness levels.

### **WATER FIT:**

This class is designed to give participants a variety of water exercises in the shallow water. The class will increase cardiorespiratory function, muscle strength, and overall endurance. Walking, jumping, running, and other aerobic movements along with a variety of water equipment are used to increase heart rate and provide a strength training workout.

### **WATER RANGE OF MOTION:**

This class provides individuals with arthritis a recreational group exercise program in a safe environment. The class is appropriate for those who have less cardiorespiratory endurance, have mild to severe joint limitations, or are in rehabilitation after injuries. Benefits include decreased joint pain and stiffness by improving joint flexibility, muscle strength, balance, and coordination. Water shoes are recommended, but not required. No swimming skills are required.