



# FALL 2023 SCHEDULE & DESCRIPTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fluid Motion</b> 9:15-9:45 AM Leisure Pool		<b>Fluid Motion</b> 9:15-9:45 AM Leisure Pool				
<b>AquaFit</b> 9:45-10:30 AM Leisure Pool		<b>AquaFit</b> 9:45-10:30 AM Leisure Pool				
		<b>Arthritis</b> 10:45-11:45 AM Leisure Pool				
	<b>AquaPower</b> 5:45-6:30 PM Competition Pool					<b>Aqua Tone &amp; Stretch</b> 2:45-3:30 PM Competition Pool

**Cost: \$5 for Members, \$10 for Residents, and \$12.50 for Non-Residents.**

## Fluid Motion

This low-impact class will focus on walking with the water's natural resistance and stretching for participants looking to transition into aquatic exercise or an alternative to their high-impact exercise routine.

## AquaFit

This shallow water aquatic exercise class consists of a warm-up and warm-down encompassing an energetic cardio fitness workout using aqua resistance and music to keep participants moving.

## AquaPower

Our AquaPower class is designed for participants who are looking for a challenging water workout! Easy on the joints but an intense workout for the body, AquaPower will run in the 7-12 ft-deep competition pool. With motivating music and movements designed to build your endurance and strength, AquaPower is a great class for those who want to cross-train from running, biking, or other repetitive land exercises on the joints.

## Aqua Tone & Stretch

Provides an overall workout using all muscle groups. The primary focus in class is on stretching along with abdominal and muscle toning. Aqua belts and aqua barbells will be utilized.

## Arthritis

This class is designed to decrease pain and inflammation while increasing range of motion, flexibility, and general conditioning. It offers a traditional range of motion and exercise and an additional cardiovascular segment.