

**AQUA-FIT:** This shallow water class is a non-stop aerobic challenge. We focus on strength, toning, cardiovascular conditioning, range of motion, and flexibility. Although the class is fast paced and athletic, it is great for EVERYONE. This class is highly recommended for anyone interested in cross training.

**LOCATION:** Shallow – Big pool

**ALL ABS:**

30 minutes of a variety of abdominal exercises; introducing new techniques and resistance training methods. This workout will confirm that the water is an excellent environment to build strong abdominals for healthy posture and core strength. This class immediately follows Cardio Challenge. Please be warmed up to begin class.

**AQUA BALANCE BY DESIGN:**

Our growing “Balance by Design” classes in the studio are now coming to the water as well! Improve your balance by working both in the water and on land.

**LOCATION:** Small teaching pool

**CARDIO CHALLENGE:**

This one hour class in the deep water is the ultimate in cardiovascular training. The high intensity 45 minute cardio blast with interval training will stretch your fitness level and endurance. A flotation belt is recommended for maximum effect.

**LOCATION:** Deep end – big pool

**DIGGING DEEP:**

This one hour cardiovascular class in the deep water is ideal for endurance training. Experience the principles and parameters of deep water aerobics, with tools for higher intensity intervals, power moves and distance running. By utilizing different moves and equipment, this class will build stamina and endurance. A flotation belt is recommended for maximum effect.

**LOCATION:** Deep end – big pool

**POOLATES:** This class marries the principles of Pilates with the benefits of aquatic exercise. Poolates strengthens muscles, enhances flexibility and posture, sharpens coordination and balance, and relaxes body and spirit. Poolates offers an effective and challenging mind body workout for everyone. Participants will leave feeling refreshed and invigorated.

**LOCATION:** Big pool – shallow to deep

**WATERWORKS 101:**

This one hour class is designed to “work” the total body. Increasing core body strength, endurance and flexibility is the focus of this workout. All levels are welcome and we encourage everyone to perform physical movement at their own pace.

**WATERWORKS 101 PLUS:**

Same class with a longer endurance segment.

**LOCATION:** Small teaching pool

**MASTERS SWIM:** Suitable for all swimmers, beginner to advanced. Learn stroke refinement and how to be a more efficient swimmer! Class incorporates drills designed to improve swimming skills as well as structured workouts designed to develop endurance.

**CLASS POLICIES**

1. Be considerate, do not talk during class. Classes are a group activity and everyone needs to be respectful of the instructor and other participants.
2. Please be aware of other participants around you. Sometimes, mostly due to natural water movement, there is a tendency to drift very close to other participants. Make sure you have plenty of room around you. When the class is full, the instructor will try to accommodate by adding a lane.
3. Be on time for class. If you are late, get in quietly and make sure you warm up before launching into the workout. It is very important to get those big muscles warm before getting into smaller movements.
4. If you have to leave early, try to cool down and stretch on your own. To avoid injury, it is very important that you don't miss out on the stretch portion of your workout.
5. Bring water to ALL classes regardless of the weather. Even if it is cold, you'll need to keep your body hydrated. A hydrated body is more efficient and effective.
6. Sunscreen and a visor/hat are strongly recommended.
7. Please put the equipment away NEATLY. Don't just throw the belts into the box.
8. If you are taking shallow water classes, it is HIGHLY recommended that you wear shoes. There are many styles from which to choose. For more information, please consult with your instructor.

*ALL CLASSES ARE ONE HOUR LONG, UNLESS OTHERWISE INDICATED. OCCASIONALLY THERE WILL BE LAST MINUTE CHANGES MADE TO THE SCHEDULE.*

**TAKE THE POLAR BEAR CHALLENGE!!**

January 1<sup>st</sup> to Feb. 29<sup>th</sup> 2012  
Swim a total of 26 miles or take 26 hours of Aquatics Classes and earn a fabulous long sleeve t-shirt!

