

AQUA FITNESS

January - March, 2022



COVID-19 UPDATE | 24 MAX. PARTICIPANTS

In compliance with the latest Public Health Order, all Aqua Fitness classes starting January 11 will have a **maximum of 24 participants** until further notice. Drop-In is accessed based on a first-come-first-serve basis.

- Participants can collect their numbered ticket when they arrive at the facility. Participants will be allowed 1 number for 1 class.
- Once admission is paid, participants will collect a laminated ticket with a number on it (tickets will be numbered 1-24). This secures your spot.
- The instructor will collect all tickets of participants.
- When class starts/once the instructor arrives (typically 10-15 minutes before), the participants will start giving their ticket to the instructor.
- On days there are more than one class scheduled, participants are welcome to join the class at the start time if the maximum number has not been met. Instructors will manage this process.

AQUA FITNESS SCHEDULE

***NOTE |** All classes take place in the Teach Pool with the exception of Monday's and Wednesday's Aqua Yoga classes, which takes place in the Leisure Pool.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05 AM - 8:50 AM	AQUA MILD		AQUA MILD		CARDIO CURRENT	
8:35 AM - 9:20 AM						AQUA CARDIO/ STRENGTH
9:05 AM - 9:50 AM	AQUA CARDIO/ STRENGTH	MAKING WAVES	AQUA CARDIO/ STRENGTH	CARDIO CURRENT	MAKING WAVES	
11:05 AM - 11:50 AM	WATER WELLNESS		AQUA YOGA*		WATER WELLNESS	
1:15 PM - 2:00 PM	AQUA YOGA* NEW					
7:05 PM - 7:50 PM	AQUAFIT	AQUA-BATA	AQUA ZUMBA	AQUAFIT		

AQUA MILD | A low intensity workout to enjoy some stretching and strengthening of muscles. This low impact water workout will improve muscle tone and overall posture.

AQUA CARDIO/STRENGTH | Condition and sculpt your body with combinations of cardiovascular and strength movements.

CARDIO CURRENT | Interval training in the water. Combining repetitions of high intensity work followed by periods of recovery.

MAKING WAVES | Mix it up in this energetic class, mixing intervals of strength and aerobic exercises.

AQUAFIT | A workout using water for resistance, toning muscles, and increasing endurance and flexibility.

AQUA-BATA | A Tabata inspired workout in the water. Tabata is high intensity interval training with 20 seconds of high intensity movements, followed by 10 seconds of rest. Get your heart rate up and challenge your body.

AQUA ZUMBA | A high energy dance-style workout in the pool to Latin music that uses water resistance to tone your muscles.

WATER WELLNESS | A combination of gentle yet effective water workout. Through stretching and lighter exercises this class will improve joint mobility, tone muscle and improve overall posture.

AQUA YOGA | This is a shallow water class that involves deep stretching and focuses on body alignment and breathing. Aqua Yoga is a class about stretching balance and core strength.