

CORE-Fit Aqua Schedule Effective 2.3.25

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am WATERinMOTION Malise	9:00am Aqua Walking Peggy	8:30am WATERinMOTION Malise	9:00am Deep Water Aqua Jen	8:00am Open Aqua Fitness No Instructor
		9:15am Open Aqua Fitness No Instructor		9:00am Shallow Water Aqua Jen

Descriptions

Shallow Water Fitness: This aqua class is energetic and includes a mix of cardio, strength, toning and stretching all in the water! This is a great workout and offers a twist from the traditional studio type course. Modifications are available for those that are new, recovering from injury or just want a slower pace.

WATERinMOTION: WATERinMOTION is the newest aqua exercise workout that provides a low impact, high-energy, challenge for participants of all ages, skill and fitness levels.

Deep Water Aerobics: The unique physical properties of water provide support, resistance and assistance to help you achieve your training and conditioning goals. Exercising in deep water reduces weight bearing stress by 90 percent. The positive effects of water training go beyond joint off-loading and cardiovascular fitness. Buoyant ankle cuffs and resistance gloves will be provided for use.

Open Aqua Fitness: Lanes and Equipment will be available. No Instructor.

- *Schedule subject to change without notice.*
- *Capacity 20 participants.*
- *Preregistration required*