



Water Fitness Class Schedule

September 2023

Aqua shoes and water bottles are highly Recommended for all shallow water classes.



843-281-3737

Time	Mon	Tues	Wed	Thurs	Fri	Sat
7:30a	AQUA BLAST Ann	FIT FOR FUN Rachael	AQUA TABATA Ann	CONSTANT CARDIO Jennifer 7:00am	FIT FOR FUN Rachael	AQUA SPLASH Susan
8:30a	AQUA BLAST Ann	FIT FOR FUN Rachael	AQUA TABATA Ann	CONSTANT CARDIO Jennifer 8:00am	FIT FOR FUN Rachael	
9:00a	IN OVER YOUR HEAD Jennifer	IN OVER YOUR HEAD Jennifer	IN OVER YOUR HEAD Jennifer	IN OVER YOUR HEAD Jennifer		
10:00a	MAKIN' WAVES Lynne	FLEX -A- BILITY Lynne	FULL BODY TONE Dave	EXER- STRETCH Lynne	AI CHI Dave 	
11:00a	AQUA BARRE Lynne	MAKIN' WAVES Lynne	CONSTANT CARDIO Jennifer	AQUA DANCE Lynne	CONSTANT CARDIO Jennifer	
5:30P	FULL BODY TONE Dave		FULL BODY TONE Dave			

Water Fitness Calendar on back.

Revised 9/20/2023 @ 10:48 AM



Water Fitness Class Descriptions

All Classes are 45 minutes - All fitness levels are welcome!

Bring your water bottle to refresh – rehydrate during class.

Ai Chi

Slow graceful movements to soothing music promoting relaxation, balance, reflection while increasing range of motion. New to class? Please arrive 5 minutes early for orientation.

Aqua Dance

Leave your inhibitions on the deck and be prepared for a free spirited, free flowing, free form class of dance moves. Class is suitable for all fitness levels. Rhythm is not required.

Aqua Tabata

This fast paced class will get your heart pumping using a series of 4 minute exercise sequences alternating between short bouts of intensity and rest. New to aqua exercise? Work at your own pace and gradually increase your intensity. Don't miss out on this one!

Aqua Barre

These classes incorporate guided stretching to improve range of motion, reduce pain and prevent injury. Elements include basic Barre, walking, balance and posture emphasis.

Aqua Splash New!

Enjoy this full body class that will provide cardio conditioning with strengthening and toning components for an invigorating workout.

Constant Cardio

Get your heart moving with this invigorating full body workout using weights, noodles and body resistance to tunes that you love. A great way to start your day!

Exer-Stretch

This class incorporates guided stretching to improve range of motion, reduce pain and prevent injury. Elements include basic Barre foot positions, walking and balance while emphasizing posture.

Fit For Fun

Challenge yourself with intervals of strength and resistance for a full body workout using dumb bells and noodles. You'll find every muscle group working and reap the benefits of more energy, more strength and increased cardio efficiency. Start your day right. *Let's get wet!*

Flex-A-Bility

This total body workout focuses on conditioning, strength, endurance and stretching components. You'll find increased flexibility and range of motion. Stretch Bands are used but not required.

Full Body Tone

A mix of cardiovascular, strength and toning exercises is the perfect way to start or end your day. Come get fit and energized.

Hop In – Get Down!

Groove to those great tunes from the past focusing on both cardio and strength training either during the week or weekend.

In Over Your Head (Lap Pool)

Creative cardiovascular exercises in deep water combined with water resistance training will help tone and firm your entire body. Challenge yourself to a different kind of workout. You'll be glad you did! Flotation belts are required.

Makin' Waves

Seven basic foot positions of water exercise are applied using all 3 movement planes to achieve faster and better workout results. You'll find increased balance and stability is achieved with continued exercise. Weights and noodles are used but not required.

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