



# WATER FITNESS SCHEDULE

## Winter Session

Building Hours: M-F 5:30a-10p; Sat 7a-9p; Sun 8a-7p

<b>Monday</b>		
Wet N Mild:	8a-8:45a	Bethany
Wet N Wild:	11:30a-12:15p	Bethany
<b>Tuesday</b>		
Deep Water:	8a-8:45a	Bethany
Turbo Aqua Fit:	5:45p-6:30p	Christina
<b>Wednesday</b>		
Wet N Mild:	8a-8:45a	Bethany
Wet N Wild:	11:30a-12:15p	Bethany
<b>Thursday</b>		
Deep Water:	8a-8:45a	Bethany
Turbo Aqua:	5:45p-6:30p	Alissa
<b>Friday</b>		
Wet N Mild:	8a-8:45a	Bethany
Wet N Wild:	11:30a-12:15p	Bethany
<b>Saturday</b>		
Deep Water:	7:30a-8:15a	Janet
<b>Sunday</b>		
Turbo Aqua:	9:50a-10:35a	Christina



# CLASS DESCRIPTIONS

## **WET N MILD**

A low intensity combination of deep and shallow water exercises. Great for getting back into shape!

## **WET N WILD**

Work your muscles and build up your cardio in this high intensity workout combining shallow water and deep water exercises.

## **DEEP WATER**

Take it at your own pace while building endurance and cardio. Great for cross-training! Held in deep end of pool.

## **TURBO AQUA FIT**

Come take this new high-intensity water fitness class! New music mix, drills and exercises to get your heart pumping. A combination of shallow and deep water exercises that will give you a great workout!

# WATER FITNESS GUIDELINES

- All classes are on a first-come, first-serve basis.
- Classes are free to members. Non-members may participate by paying the \$15 daily guest fee at the Welcome Center.
- Instructor schedules may change without notice.
- Please check with your doctor prior to participating if you have any medical concerns. All exercises and activities should be done at your own pace. Instructors are not trained to advise participants about any medical concerns.