

# AQUA SCHEDULE

Effective 2/1/24

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>AQUA POWER</b>		9:00-10:00 AM Mary		9:00-10:00 AM Mary			
<b>AQUA JUKEBOX 360</b>			9:00-10:00 AM Mary		9:00-10:00 AM Mary		
<b>ARTHRITIS PLUS</b>		10:15-11:00 AM Susan		10:15-11:00 AM Jean/Patty		10:15-11:00 AM Jean	
<b>AQUA AEROBICS</b>							9:00-9:45 AM Daisy/Jean
<b>AQUA DANCE</b>			5:30 – 6:15 PM Patty I		5:30 - 6:15 PM Patty I		
<b>WATER VOLLEYBALL</b>	4:00-5:45 PM			6:00 - 8:00 PM			4:00-5:45 PM

## ARTHRITIS PLUS

The Arthritis Foundation Aquatics Program is conducted in warm water (a minimum of 83°) and can be geared to participants with different ability levels. Exercises in the class improve range of motion, muscle strength, and endurance. Participants improve their joint flexibility and reduce their pain and stiffness while supported by the water's buoyancy and resistance.

## AQUA AEROBICS

A no impact but high intensity class designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistances of the water to cushion the feet, knees and back.

## AQUA DANCE

An aquatic program that contains a thermal warm-up, a cardio component and a toning/strengthening component. This program focuses on the movement of the arms and legs at the same time while incorporating your favorite dance moves and music.

## AQUA JUKEBOX 360

A low impact cardio, strength, balance, core and stretching. The music is from all genres and all fitness levels are welcome!

## AQUA POWER

High intensity interval training (HIIT) alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardio respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.