

# SUMMER 2019 WATER FITNESS SCHEDULE

## May 28 - August 12

All classes require either a Water Fitness pass, or single pass. *Classes denoted with a (\*) means the class takes place in deep water.*  
*Classes take place in either the leisure pool or lap pool*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50a	Early bird Strength & Tone - Donna Leisure Pool	*Deep Water Intervals - Christiane Lap Pool	Early bird Strength & Tone - Donna Leisure Pool	*Deep Water Intervals - Christiane Lap Pool	Aquatic Kicks - Donna Lap Pool	
8:30-9:20a						Boost! - Lap Pool
9:00-9:50a	Aquatic Mix Up - Donna Leisure Pool	Move it and Lose it! - Christiane Lap Pool	Aquatic Mix Up - Donna Leisure Pool	Move it and Lose it! - Christiane Lap Pool	Aquatic Mix Up - Donna Leisure Pool	
9:30-10:20a						*Total Workout / Zero Impact - Lap Pool
10:00-10:50a			Shallow Water Shake Down - Cindy Lap Pool			
10:10 - 11:00a				Aqua Zumba Cindy Lap Pool		
11:00-11:50a	*White Water Work Out Barb *South Pool		*White Water Work Out Barb *South Pool		*White Water Work Out Barb *South Pool	
	Arthritis Foundation Program - Nicole Leisure Pool	Arthritis Foundation Program - Barb Leisure Pool	Arthritis Foundation Program - Nicole Leisure Pool	Arthritis Foundation Program - Barb Leisure Pool	Arthritis Foundation Program - Nicole Leisure Pool	
6:00-6:50p			Aqua Bootcamp Stephanie Lap Pool			
6:10-7:00p	River Challenge - Barb B. River		River Challenge - Barb B. River			
6:30-7:20p	Aqua Zumba Cindy Lap Pool					

## Water Fitness Class Descriptions:

**Water Fitness Classes: All classes require either a Water Fitness pass, or single class pass. Class denoted by (\*) take place in deep water.**

Boost!	Boost your energy, strength, and flexibility in the shallow water workout. Learn how to modify movements, impact levels & intensity using the water along with hand held equipment to increase resistance to reach personal fitness goals.
Early Bird Strength & Tone	An early morning, non-cardio workout, using equipment and water resistance to strengthen and tone muscles.
*Deep Water Intervals	Join this high intensity class that features interval training, core strengthening and endurance exercise in a noncompetitive setting. We promise to raise your heart rate, and have fun in the process. Flotation belts and other equipment is provided.
Aquatic Kicks	A class that combines kickboxing moves with water resistance for a total body workout!
Aquatic Mix Up	A variety of exercise styles to work the total body all while having a blast.
Move it and Lose it!	Shallow water total body workout in a noncompetitive setting that promises to challenge you no matter your level of fitness. On Tuesdays anything goes, on Thursdays we kickbox.
*White Water Work Out	Participants use full body movements in the deep lanes to put "motion in the ocean". No class is ever the same.
*Total Work Out / Zero Impact	Experience a cardiovascular and strengthening workout with no impact on your joints. Flotation belts to maintain correct body alignment and hand held equipment to create resistance form the basis for the workout.
Shallow Water Shake Down	50 minutes of stress relief water aerobics--challenging workouts that are never the same and are physically challenging, but leave you rejuvenated and reenergized to take on a busy day!
AquaZumba	Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
Arthritis Foundation Program	Program designed to safely keep joints moving and improve your sense of well-being. Class will allow you to exercise without putting excess strain on your joints and muscles. Gentle activities in warm water help you gain strength and flexibility. All instructors are trained and certified through the Arthritis Foundation.
River Challenge	This class strives to improve muscle toning, flexibility, cardiovascular fitness, endurance, build muscle strength while maintaining good posture. The added component is the current in the river which automatically produces resistance.
Aqua Bootcamp	High-intensity interval based combination classes used to sculpt, and strengthen muscles. As well to improve overall cardio endurance. This class is a mix of cardio based exercise that can be completed with & without equipment.

**Noodles, bars, bells, boards, and balls will be provided in class. Shoes not provided. Gloves available for purchase at Front Desk.**

Passes	DCRC	Guest
Single Pass	\$10.00	\$10.00
10 Class Pass	\$45.00	\$60.00
20 Class Pass	\$70.00	\$85.00
Unlimited Monthly Pass	\$50.00	\$60.00

No Classes
May 27, 2019 (Memorial Day)
July 3, 2019 (No evening classes)
July 4, 2019 ( Independence day)
September 2, 2019 (Labor Day)