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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |  |
| **7:00-7:45 am**  **Main** | **HIIT IT!**  **Nancy** | **Water Cycling**  **Nancy** | **HIIT IT!**  **Nancy** | **Water Cycling**  **Nancy** | **HIIT IT!**  **Nancy** |  |
| **8:00-8:55 am**  **Rec** | **Aqua Exercise**  **Beth** | **Aqua Exercise**  **Beth** | **Aqua Exercise**  **Beth** | **Aqua Exercise**  **Beth** |  |  |
| **8:00-9:00 am**  **Main** | **Power Waves**  **Nancy** |  | **Power Waves**  **Nancy** |  | **Power Waves**  **Nancy** |  |
| **8:15-9:15**  **Main deep** | **Deep Water Walking**  **Sue** | **Deep Water Walking**  **Sue** | **Deep Water Walking**  **Sue** | **Deep Water Walking**  **Sue** |  |  |
| **9:00-10:00 am**  **Rec** | **Stretch Your Potential**  **Kathy** |  | **Stretch Your Potential**  **Kathy** |  | **Stretch Your Potential**  **Kathy** |  |
|  |  |  |  |  |  |  |
| **5:30-6:30pm**  **Main deep** | **Deeply Fit**  **Nancy** | **Deeply Fit**  **Nancy** |  | **Deeply Fit**  **Beth** |  |  |
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***DEEPLY FIT*** - Beginners and experienced - take the plunge! Deep-water exercises guaranteed to challenge your body, your core muscles, and your stamina. With the use of a buoyancy belt, you will be encouraged to work at your full potential to receive a full-body workout with no impact to your joints.

***STRETCH YOUR POTENTIAL*** - Toning and strengthening is what you will have the potential to accomplish in this class. Your flexibility may show signs of improvement as well as overall just feeling better. This is a low intensity class that does utilize equipment to help target specific muscle groups. This is also a great class if you are just starting your fitness

journey! Also, great for those recovering from surgery. Leave feeling refreshed, stretched, and energized!

***DEEP WATER WALKING*** - This water fitness program is held in the diving well of the pool and provides a no-impact workout. Participants will use flotation belts and styrofoam barbells to perform a variety of motions including water walking, abdominal work and toning exercises. You may find that overtime your range of motion increases and you feel less pain in those joints!

***HIIT IT!!!*** - High intensity interval training (HIIT) alternates short periods of intense exercise with less-intense recovery periods. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Some of the proven benefits are increased metabolism, fat burning, weight loss and improved cardiorespiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone. This class is very much a work at your own intensity and is appropriate for all fitness levels.

***AQUA EXERCISE*** – A low to medium intensity water aerobics class, with low impact, where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Equipment will be incorporated periodically.

***POWER WAVES*** - An intense aqua workout in shallow water that will utilize different forms of aqua training, such as intervals, plyometrics and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The use of equipment will also be incorporated periodically.

***WATER CYCLING*** - is an indoor cycling class format that takes place in a pool. Participants get on stationary bikes that are submerged 3-4 feet of water, and they are required to pedal against the resistance of the water. In this class you will stand up, sit down, cycle fast, cycle slow, swing arms to the left and right with added equipment for toning. Hard work? Yes. Big Benefits? Yes! Water shoes are a requirement for this class!

*CLASS SESSION DATES:*

*Sept 6 – Sept 30*

*CLASS SESSION DATES:*

*Winter Session 5: May 2 – May 27*

*Summer Sessions:*

*1: May 31 – June 23, no class June 24*

*2: June 27 – July 22, no classes July 4 & 8*

*OFF FOR CFD – July 25 – July 29*

*3: Aug 1 – Aug 26*