



# Aquatics Class Descriptions

*We have a class for everyone*

## Strength & Cardio

**Aqua Core:** Building core strength with a cardio blast.

**Aqua Energy:** A total body workout to improve cardiovascular health and muscle tone.

**N2Deep:** Great cross training, core, cardiovascular and strength workout.

**Boot Camp:** Intense workout with weights resistance and cardio.

**Hydro Muscle:** Water aerobics to increase strength and flexibility.

**Hydro Tone:** Total body workout to increase strength with resistance equipment.

## Specialty

**Aqua Tabata:** High intensity interval training with water weights.

**Hydro Kick:** Mixed martial arts for a total body workout.

**Aqua Kickboxing:** Every punch and kick meets resistance where water, martial arts and fast paced cardio collide. This high intensity workout builds stamina and lean muscle while burning calories and improving coordination and increasing flexibility.

## Dance

**Aqua Zumba:** Dance into shape with choreography and music



### Monday

Time/Class	Duration	Location
8:00 Aqua Energy	60 minutes	25Y Pool
9:15 Aqua Bootcamp	60 minutes	25 Y Pool
9:30 N2Deep	60 minutes	50M Pool
10:30 Aqua Running	60 minutes	50M Pool
<hr/>		
6:15 Aqua Tabata	60 minutes	25Y Pool

### Tuesday

Time/Class	Duration	Location
8:00 Aqua Energy	60 minutes	25Y Pool
9:00 Hydro Tone	60 minutes	25Y Pool
<hr/>		
6:15 Aqua Zumba	60 minutes	25Y Pool

### Wednesday

Time/Class	Duration	Location
8:00 Hydro Kick	60 minutes	25Y Pool
8:00 N2Deep	60 minutes	50M Pool
9:15 Aqua Fit	60 minutes	25Y Pool
<hr/>		
6:15 Aqua Bootcamp	60 minutes	25Y Pool

### Thursday

Time/Class	Duration	Location
8:00 Aqua Core	60 minutes	25Y Pool
9:00 Aqua Zumba	60 minutes	25Y Pool
10:00 Hydro Muscle	60 minutes	25Y Pool
<hr/>		
6:00 N2Deep	60 minutes	50M Pool

### Friday

Time/Class	Duration	Location
8:00 Hydro Power	60 minutes	25Y Pool
8:00 N2Deep	60 minutes	50M Pool
9:15 Aqua Fit	60 minutes	25Y Pool
10:15 Aqua Tabata	60 minutes	25Y Pool

### Saturday

Time/Class	Duration	Location
8:15 Aqua Fit	90 minutes	25Y Pool

***\*\*No Aquatics classes are offered on Sundays.***