

# Aqua Fitness

## (CORE & CORE-Fit Members and Residents Punch Pass Holders Only)

Location: Centennial Outdoor Aquatic Center, 16028 127th Street

*This aqua class is a mixture of deep and shallow aqua fitness and includes a mix of cardio, strength, toning and stretching in the aquatic environment! The unique physical properties of water provide support, resistance and assistance to help you achieve your training and conditioning goals. In addition, exercising in deep water is very therapeutic and reduces weight bearing stress by 90 percent. The positive effects of water training go beyond joint off-loading and cardiovascular fitness!*

Note: Please arrive 15 minutes prior to the class start time, due to check in procedures.

### Registration Codes

#### Monday at 8 a.m.

8/3/2020	8/10/2020	8/17/2020	8/24/2020	8/31/2020
540220-H1	540220-I1	540220-J1	540220-K1	540220-L1

#### Monday at 9 a.m.

8/3/2020	8/10/2020	8/17/2020	8/24/2020	8/31/2020
540220-H2	540220-I2	540220-J2	540220-K2	540220-L2

#### Tuesday at 9 a.m.

8/4/2020	8/11/2020	8/18/2020	8/25/2020	9/1/2020
540220-H3	540220-I3	540220-J3	540220-K3	540220-L3

#### Wednesday at 9 a.m.

8/5/2020	8/12/2020	8/19/2020	8/26/2020	9/2/2020
540220-H4	540220-I4	540220-J4	540220-K4	540220-L4

#### Thursday at 9 a.m.

8/6/2020	8/13/2020	8/20/2020	8/27/2020	9/3/2020
540220-H5	540220-I5	540220-J5	540220-K5	540220-L5

#### Friday at 9 a.m.

8/7/2020	8/14/2020	8/21/2020	8/28/2020	9/4/2020
540220-H6	540220-I6	540220-J6	540220-K6	540220-L6

**Saturday at 9 a.m.**

8/15/2020	8/22/2020	8/29/2020	9/5/2020
540220-I7	540220-J7	540220-K7	540220-L7