

COREFit Aqua Schedule Effective 9.4.2023

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am Shallow Water Aqua Dawn	9:00am Aqua Walking Peggy	9:00am Shallow Water Aqua Dawn	9:00am Deep Water Aqua Jen	8:00am Aqua Work Malise

9:00am
Shallow Water Aqua
Jen

Descriptions

Shallow Water Fitness This aqua class is energetic and includes a mix of cardio, strength, toning and stretching all in the water! This is a great workout and offers a twist from the traditional studio type course. Modifications are available for those that are new, recovering from injury or just want a slower pace.

Aqua Work Low Impact, High Energy workout in the water that will inspire you to take your aqua fitness to the next level. Shallow water. All levels welcome.

Deep Water Aerobics The unique physical properties of water provide support, resistance and assistance to help you achieve your training and conditioning goals. Exercising in deep water reduces weight bearing stress by 90 percent. The positive effects of water training go beyond joint off-loading and cardiovascular fitness. Buoyant ankle cuffs and resistance gloves will be provided for use.

- *Schedule subject to change without notice.*
- *Capacity 30 participants.*
- *Preregistration recommended*