

Clay Madsen Recreation Center

Water Exercise Schedule: Winter/Spring 2012

January 23 – March 16, 2012

Schedule is subject to change

Water Aerobic classes are included with your CMRC membership. Non-members may purchase a day participant band. Participants must scan in, sign in, and receive a silicone participant band. Participants are accepted on a first come, first serve basis. Each class is considered full once all of the silicone bands have been distributed. Please see posted Class Participant Policy.

Boot Camp H2O – This shallow water fitness class uses a combination of medium intensity cardio and strength training to increase endurance and build muscle. Class minimum is 4. Class maximum is 30.

Guts and Glutes – This class is in deep water and uses buoyancy cuffs for a true resistance workout. Must be comfortable in deep water. Class minimum is 4. Class maximum is 25.

Relief & Therapy – This shallow water class is designed to provide range-of-motion work for the joints and gentle strengthening for all the major muscle groups. Ideal for Multiple Sclerosis, previous injury, or rehabilitation needs. Class minimum is 4. Class maximum is 18.

Move It & Lose It – This shallow water class is designed to improve strength, flexibility, and cardiovascular fitness. The water takes pressure off bones and joints, allowing a great workout without the wear and tear from other exercises. All ability levels are welcome. Class minimum is 4. Class maximum is 30. Looking for a little more activity—try **Move It & Lose It Plus!**

HydroKickboxing– One of the fastest growing new water workouts! Tone arms, thighs, gluts, strengthen core, burn up to 600 calories per hour, reduce stress, improve self defense, increase cardio performance! Class minimum is 4. Class maximum is 30.

Aqua Zumba– Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Class maximum is 15.

| MON | TUE | WED | THUR | FRI | SAT |
|---|--|---|--|---|---|
| 8:30-9:20am Guts & Glutes Jennifer | 5:30-6:20am Boot Camp H2O Amanda | 8:30-9:20am Guts & Glutes Jennifer | 5:30-6:20am Boot Camp H2O Amanda | 8:30-9:20am Guts & Glutes Jennifer | 7:00-8:20am Move It & Lose It/ Guts and Glutes Combo Hank |
| 9:30-10:20am Move It & Lose It Chelsea | -NEW- 9:00-9:50am Guts & Glutes Chelsea | 9:30-10:20am Move It & Lose It Hank | -NEW- 9:00-9:50am Guts & Glutes Chelsea | 9:30-10:20am Move It & Lose It Jeanne | |
| 10:30-11:20am Move It & Lose It -Plus- Chelsea | 10:00-10:50 Relief & Therapy Jeanne | 10:30-11:20am Move It & Lose It -Plus- Chelsea | 10:00-10:50 Relief & Therapy Jeanne | 10:30-11:20am Move It & Lose It -Plus- Chelsea | |
| -NEW- 1:00-1:50pm Relied & Therapy Chelsea | | -NEW- 1:00-1:50pm Relied & Therapy Chelsea | | -NEW- 1:00-1:50pm Relied & Therapy Chelsea | |

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| 6:00-6:50pm Move It & Lose It Jennifer | 6:00-6:50pm Guts & Glutes Amanda | 6:00-6:50pm Move It & Lose It Jennifer | 6:00-6:50pm Guts & Glutes Amanda |
| -NEW- 7:00-7:50pm Aqua Zumba Jennifer | 7:00-7:50pm Hydro Kickboxing Amanda | 7:00-7:50pm Move It & Lose It Hank | 7:00-7:50pm Hydro Kickboxing Amanda |