

# WORKOUT IN THE WATER



## CMRC Aqua Ex Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aqua S-Wet</b> 5:30-6:20am Shelia		<b>Aqua S-Wet</b> 5:30-6:20am Shelia		<b>Aqua S-Wet</b> 5:30-6:20am Shelia
<b>D.A.F.</b> 8:30-9:20am Instructor Varies		<b>D.A.F.</b> 8:30-9:20am Instructor Varies		
<b>Aqua Fit</b> 9:30-10:20am Bradley	<b>Aqua Tone</b> 9:30-10:20am Instructor Varies	<b>Aqua Fit</b> 9:30-10:20am Bradley	<b>Aqua Tone</b> 9:30-10:20am Instructor Varies	<b>Aqua Fit</b> 9:30-10:20am Instructor Varies
<b>Aqua Core</b> 10:30-11:20 Bradley	<b>Aqua Energizer</b> 10:30-11:20am Instructor Varies	<b>Aqua Core</b> 10:30-11:20 Bradley	<b>Aqua Energizer</b> 10:30-11:20am Instructor Varies	
<b>Aqua Power</b> 6:00-6:50pm Shelia	<b>Aqua Zumba</b> 6:00-6:50pm Maria	<b>Aqua S-Wet</b> 6:00-6:50pm Sheila	<b>Aqua Zumba</b> 6:00-6:50pm Maria	
	<b>Aqua Power/ Tabata</b> 7:00-7:50pm Maria		<b>Aqua Power/ Tabata</b> 7:00-7:50pm Maria	

**Effective May 31-September 2, 2016**

**See the reverse side for class descriptions.**

**Please see CMRC front desk team for  
Group and Aqua Exercise Rules and Guidelines.**

# Group Aqua Exercise

Water Shoes are encouraged for all classes.

## **AQUA S-WET :**

Aqua Boot Camp that offers a high intensity, athletic approach to water fitness, using gravity from land and the resistance of the water. A combination of strength training exercises, drills, intense cardiovascular work, intervals, and plyometrics. Great for students who need a new challenge and prefer hard, athletic workouts. This class moves between the shallow and deep ends of the pool as well as some deck work.

**Class Maximum: 20**

## **DEEP AQUA FITNESS (D.A.F.):**

Prepare yourself for the ultimate “No Impact” workout. We will use selected flotation devices for suspension in deep water and create a challenging aerobic interval workout. Expect powerful moves and a full range of motion to improve your strength, cardiovascular fitness, and flexibility. Participants must be comfortable in deep water.

**Class Maximum: 15**

## **AQUA FIT:**

A low to moderate intensity workout aimed at increasing flexibility, strength, cardiovascular health, and balance. This class is held in the shallow end of the pool.

**Class Maximum: 35**

## **AQUA TONE:**

A low impact, moderate intensity class designed to improve strength, flexibility, and cardiovascular fitness while increasing muscle tone and core strength. Participants may modify exercises for their level of fitness. This class is held in the shallow end of the pool.

**Class Maximum: 35**

## **AQUA POWER:**

A high intensity class that will challenge your movements and work your cardiovascular system. A great alternative to traditional Group Exercise, but with all the intensity. Cardio, Strength, and Core training combined into each class.

**Class Maximum: 30**

## **AQUA CORE:**

This high intensity class combines a cardiovascular and muscle workout. The focus is on increasing core strength using the weight of your own body combined with the use of resistance equipment, the water’s natural resistance, and sometimes utilizing the deck/sidewalls of the pool for some of the exercises. Participants will burn calories while building core strength and flexibility.

**Class Maximum: 20**

## **AQUA ENERGIZER:**

Feel the burn when we take Aquasize to the next level. In this class we focus on strength & endurance and will challenge every muscle in your body. This is a great transition class which blends both shallow and deep water exercises designed for both beginners and experienced participants alike.

**Class Maximum: 15**

## **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. This is a shallow water class.

**Class Maximum: 30**

## **AQUA TABATA:**

This course takes High Intensity Interval Training (HIIT) to another level—shortening rest & maximizing results. Adding the properties of water and you have a fun, yet effective workout to blast the calories!

**Class Maximum: 30**