



See the reverse side for class descriptions.

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

# Winter & Spring 2019

Begins Jan. 7, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aqua S-Wet</b> 5:30-6:20am Jewell (Max: 20 Participants)		<b>Aqua S-Wet</b> 5:30-6:20am Jewell (Max: 20 Participants)		<b>Aqua S-Wet</b> 5:30-6:20am Jewell (Max: 20 Participants)	
<b>Aqua Fit</b> 9:30-10:20am Lizzie (Max: 35 participants)	<b>Aqua Tone</b> 9:30-10:20am Jenn (Max: 35 Participants)	<b>Aqua Fit</b> 9:30-10:20am Lizzie (Max: 35 Participants)	<b>Aqua Warrior</b> 8:30-9:15am Jenn (Max: 20 Participants)	<b>Aqua Fit</b> 9:30-10:20am Lizzie (Max: 35 Participants)	<b>NEW! Aqua Board</b> <b>Float Fit</b> – High Intensity 10:30am-11:15am Instructors Rotate (Max 10 Participants)
<b>Aqua Conquer</b> 10:30-11:20 Lizzie (Max: 20 Participants)	<b>Aqua Flow &amp;Stretch</b> 10:30am-11:15 Jenn (Max: 30 Participants)	<b>Aqua Conquer</b> 10:30-11:20 Lizzie (Max: 20 Participants)	<b>Aqua Tone</b> 9:30-10:20am Jenn (Max: 35 Participants)		
<b>NEW! Aqua Board</b> <b>Float Fit</b> High Intensity 6:30pm-7:15pm Jewell (Max :10 participants)	<b>Aqua Zumba</b> 6:00-6:50pm Jewell (Max: 30 Participants)	<b>NEW! Aqua Board</b> <b>Float Fit</b> High Intensity 6:30pm-7:15pm Jenn (Max :10 participants)	<b>Aqua Zumba</b> 6:00-6:50pm Maria (Max: 30 Participants)		
	<b>Aqua Core Energizer</b> 7:00pm-7:50pm Sheila (Max 20 participants)		<b>Aqua Core Energizer</b> 7:00pm-7:50pm Sheila (Max 20 participants)		

# Group Aqua Exercise

Water Shoes are encouraged for all classes, with the exception of Aqua Board classes.

## AQUA ADVANCE:

Prepare yourself for the ultimate "low Impact" workout. We will use selected flotation devices for suspension in 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 shoulder depth water or deeper.

This is not recommended for Non-Swimmers

**Class Maximum: 20**

## AQUA CONQUER

We do everything! We move from shallow to the deeper end of the pool. Balance is our purpose! Try out your strength and flexibility while using our provided equipment. Listen to fun music, work on cardiovascular strength with repetition and fast movements with low to medium impact.

**Class Maximum: 20**

## AQUA FIT:

This course is for beginner to intermediate. It is done completely in the shallow end of the Pool. This class focuses on balance, core and back training providing you a total body workout. This is low impact that integrates cardio, intervals and equipment designed for the water to reach your goals! Everyone is welcome.

**Class Maximum: 35**

## 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**

## AQUA TONE:

A low impact, moderate intensity class designed to improve strength, flexibility, and cardiovascular fitness while increasing muscle tone and core strength. We welcome all fitness levels whether returning from an injury, just getting back into fitness, or those who are looking for a total body lower impact workout to add to their already existing fitness program. This class is held in the shallow end of our pool.

**Class Maximum: 35**

## AQUA FLOW & STRETCH:

Need a little more time to stretch and relax? Tired of high intensity hustle and bustle? This 45 minute class will focus on stretching, balance, relaxation and focused breath work using different styles of Pilates, yoga, ai chi and traditional stretching techniques to help the body and mind relax.

Great addition to your fitness routine!

**Class Maximum: 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. This is a shallow water class.

**Class Maximum: 30**

## AQUA CORE ENERGIZER:

High intensity class combines cardiovascular and muscle workout. The focus is to increase endurance that will challenge your breathing, core strengthening, which will help your posture and muscle strengthening by using water resistance. Some of the exercises will utilize weights, noodles, stretch bands as well as the deck and sidewalls of the pool. This class uses a blend of the shallow and deeper side of the pool. Be ready to build endurance, develop core strength, build flexibility and of course! Burn Calories!

**Class Maximum: 20**

## AQUA WARRIOR:

45 minute class where you will conquer both ends of the pool. You will participate in a well rounded workout from cardio, core, strength and finish with a cool down. You will use flotation belts or noodles in the deeper end of the pool with a heart pumping core and cardio workout and move to the shallow end to finish off with grounded stretching. Become an Aquatic Warrior!

**Class Maximum: 20**

## **NEW!** AQUA BOARDS: (HIGH INTENSITY)

Experience Float Fit—the world's first floating exercise mat. Join a fun, effective, unique and exciting exercise class on the water! This 30-45 minute low impact class gives a full body workout with a mixture of high intensity and yoga-inspired exercises to suit all abilities. This class includes squats, mountain climbers, core, balance, stretching and more! The exercises are continually challenged by the constant movement of the water and provide levels of difficulty to suit all abilities. You will burn calories, build muscular strength, & improve balance while having fun!

*\* Must be able to get on the exercise board without assistance*

**Class Maximum: 10**