

Fit-n-Wise Aquatic Fitness Classes – 2019

Boot Camp Breakfast - Bored with the usual breakfast choices? Try Boot Camp Breakfast with 30 min of eye opening intense cardio and strength training in the shallow water to jump start your day **Tuesday & Thursday 5:45AM-6:15AM Fitness Pool**

AOUA MIX - This class offers a variety of formats that include cardiovascular endurance, strength & balance, and flexibility. Join us for a stimulating workout that cover all your fitness bases. **Wednesday 9:15AM-10:00AM Fitness Pool**

S.P.A. Class - This medium to high intensity class will focus on developing strength, power, and agility using a myriad of aqua equipment to help tone and strengthen all the muscles groups in the body. Perfect for those just beginning water exercise or those who want to focus on building muscle strength and agility. **Tuesday 9:15 Fitness Pool**

Mind/Body H2O - This class will combine elements of Tai chi, Yoga, and Pilates to connect the body and mind and increase joint mobility. Perfect class for anyone who wants to strengthen their core, decrease joint stiffness, or improve mental clarity. **Thursday 9:15 Fitness Pool**

Deep Core – For those wishing to experience a more challenging workout, this deep water is a medium to high intensity class. Work with buoyancy belts, cuffs, noodles and hand buoys. Swimming skills are not necessary, however should be comfortable in deep water. A non-impact **Monday-Wednesday-Friday 10:15AM-11:00AM Lap Pool**

Silver Fins - Feel better physically and emotionally in this low intensity water fitness class. - A shallow water class offering lots of fun while improving agility, flexibility, and cardiovascular endurance. No swimming ability is required. This fun class is designed especially for 55 and **Monday- Wednesday- Friday 11:15AM-12:00PM Fitness Pool**

Water DYNAMICS – Please come join us for a loud and high intensity class for those wanting a total body workout. that combines vigorous cardiovascular exercise with muscle toning and stretching. This class is not intended for beginners, but for those wanting an extreme intensive workout. Join Linda for a fast paced and loud class. **Monday & Friday 9:15AM-10:00AM Fitness Pool**

AquaBata - HIIT – High Intensity Interval Training - This class is an INTENSE, Fast moving shallow water class that will give you maximum calorie burn. **Tuesday 5:30pm-6:15pm Fitness Pool**

Deep Water Burn- This is a new deep water class starting in Feb 2018!!! Designed for those wanting a very challenging deep water workout. Work with buoyancy belts, cuffs, noodles and hand buoys in this medium to high intensity class focusing on core, strength training, and cardiovascular endurance through high intensity deep water interval training. **6:30-7:15PM on Tues and Thurs in the LAP Pool.**

Tai Chi fUSION

Come begin your day in our fitness pool with a mind-body class that incorporates yoga, pilates, and tai chi to leave you feeling toned, relaxed, and rejuvenated! **10:15-11:00AM on Tuesday and Thursday in the Fitness Pool.**

******Moms in Motion**** new class offered to prenatal/postnatal women through the Healthy Mom Healthy Baby Physical Therapy program.**

This class is designed for prenatal women and includes gentle stretching, strengthening and mild cardiovascular exercises. Following guidelines from the American College of Obstetrics and Gynecologists, Moms In Motion prepares women for the physiological changes associated with pregnancy and develops stamina and strength for labor and delivery. Class participants enjoy a unique bond exercising with other moms to be. **Thurs 12:00-12:45PM**