

# Aquatic Fitness Drop-in Schedule

## SEAPARC Aqua Fit Schedule January 2 - June 17, 2012 \*Subject to change

| Monday   | Tuesday   | Wednesday                              | Thursday  | Friday                                 |
|--|---|--|---|--|
| <b>Shallow Water Fit<br/>Monday to Friday<br/>9:00 - 10:00am</b> |   |  |   |  |
| <b>Water Works<br/>10:00 - 10:50am</b>                           | <b>**Everyone<br/>Aquasize<br/>10:00 - 11:00am<br/>Registered Program</b> | <b>Water Works<br/>10:00 - 10:50am</b> | <b>**Everyone<br/>Aquasize<br/>10:00 - 11:00am<br/>Registered Program</b> | <b>Water Works<br/>10:00 - 10:50am</b> |
| <b>Deep Water Fit<br/>Monday to Friday<br/>11:00am - 12:00pm</b> |   |  |   |  |
| <b>Aquafit Mix<br/>7:30 - 8:30pm</b>                             | <b>Aqua Zumba<br/>7:30 - 8:30pm</b>                                       | <b>Aquafit Mix<br/>7:30 - 8:30pm</b>   | <b>Aquafit Mix<br/>7:30 - 8:30pm</b>                                      |  |
| <b>Swim Fit<br/>8:00 - 9:00pm</b>                                |   | <b>Swim Fit<br/>8:00 - 9:00pm</b>      |   |  |
| <b>**Everyone Aquasize is now a registered program.</b>          |   |  |   |  |

**SHALLOW WATER CHALLENGE:** Increase cardiovascular fitness, flexibility, muscle tone and strength, all without even getting your hair wet! You'll walk away feeling relaxed and refreshed. Suitable for all swimming abilities.

**WATER WORKS:** Light, low-impact exercises help increase mobility, dexterity, and fitness. Suitable for individuals with arthritis, osteoporosis, and fibromyalgia.

**AQUAFIT MIX:** A combo class in shallow and deep water for cardio, strength, endurance, and stretch. This high-intensity, low-impact aqua fit class will get your heart rate up and drop pounds! Are you ready for a challenge?

**DEEP FIT WORKOUT:** Specialized exercises to raise cardio endurance levels while improving strength, flexibility, and muscle tone in deep water with ZERO impact!

**SWIM FIT:** Swim Fit is a group of adults who get together and with a trained coach work on their swimming strokes and endurance. Whether you are participating for the fitness benefits or you are training for a Master's swim meet or triathlon- this is the group for you.

**\*\*EVERYONE AQUASIZE:** This class is for improving coordination, flexibility, and strength combined with a cardio session. All ages and abilities welcome. \*\*Now a registered class.

**AQUA ZUMBA:** Join us for a Zumba party like never before! This is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style! Zumba exercises include music with fast and slow rhythms and resistance training for fitness and losing weight. The music comes from the following dance styles: cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, soca, samba, belly dancing, bhangra, hip hop music, axé music and tango.