

WATER FITNESS SCHEDULE

Effective July 2017



MONDAY

8:00-9:00AM	Early Am Energizer 6 lane pool	Patti
8:00-9:00am	Deep Water Walking 8 lane pool	Larry
9:00-10:00am	Making Waves 6 lane pool	Elaine
10:00-11:00am	Deep Water Mix 6 lane pool	Jean Muncy
6:00-7:00pm	Aqua Fusion 6 lane pool	Martha
6:00-7:00pm	Arthritis Shallow Warm water	Sue

TUESDAY

7:45-8:45am	Warm Water Flow Warm water	Sue
8:00-9:00am	Deep Water Walking 8 lane pool	Larry
9:00-10:00am	Arthritis Deep 6 lane pool	Kristen
9:00-10:00am **	Arthritis Shallow warm water	Deb
10:00-11:00am **	Arthritis Shallow Warm water	Kristen
6:00-7:00pm	Total Body Blast 6 lane pool	Patti

WEDNESDAY

7:45-8:45am	Pilates Flow 6 lane pool	Sue
8:00-9:00am	Deep Water Walking 8 lane pool	Larry
9:00-10:00am	HYDRO H.I.I.T. 8 lane pool \$\$	Deb
9:00-10:00am	Aqua Cardio Core 6 lane pool	Kristen
6:00-7:00pm	Aqua Insanity 6 lane pool	Martha
6:00-7:00pm	Arthritis Shallow Warm water	Sue

THURSDAY

7:45-8:45am	Yoga Flow Warm water	Sue
8:00-9:00am	Deep Water Walking 8 lane pool	Larry
9:00-10:00am	Arthritis Deep 6 lane pool	Kristen
9-10:00am**	Arthritis Shallow Warm water	Deb
10- 11:00am**	Arthritis Shallow Warm water	Deb/Kristen
6:00-7:00pm	Aqua Power 6 lane	Sue

FRIDAY

8:00-9:00am	Aqua Fit 6 lane	Patti
9:00-10:00am	Tabata Aqua 8 lane \$\$	Deb
9:00-10:00am	Motivated to Move 6 lane	Jean Muncy

SATURDAY

7:30-8:30am	H2O Cardio Mix 6 lane	Mary Louise
9:00-10:00am ** September—June	Tabata Aqua 8 lane \$\$	Deb
8:30-9:30am	Deep Water Directions 6 lane	Mary Louise

Classes in Blue have a fee \$\$

****Classes in yellow Require Pre-Registration *
Call Front Desk at 10am the previous day for availability. 781-337-4600 SPACE IS LIMITED**

Arthritis Shallow: Low intensity. Gentle range of motion and flexibility are performed through fluid movement to ease sore joints and strengthen muscles. Increase your balance and improve your functional capacity. Low intensity.

Arthritis Deep: Low/medium intensity. Range of motion, flexibility and strengthening exercises are performed in the non-impact deep water with an added cardio component. More challenging than the shallow water class but at a moderate intensity. Buoyancy belts are used. 126-140BPM

Deep Water Walking: Medium intensity. All deep water movement for non-impact exercises for the strong bodies but sore joints. This is still a moderate intensity yet builds endurance and strength within the core. A great class for all. Buoyancy belts are used. 128- 130 BPM

Flow Series: Low/medium intensity class held in shallow water. Your Yoga Class taken to the pool using movement in the water instead of the matt.

Early AM Energizer: High intensity in shallow water. Total body workout. Muscle groups are targeted with specific exercises to strengthen and tone. Intervals are included throughout the program to increase cardio capacity. 135-140 BPM

Making Waves: Med/High intensity in shallow water. A vigorous shallow water aerobic workout utilizing all muscle groups. Travel while performing exercises with varied equipment. This cardio workout will increase your endurance, core strength and improve balance. 126-128BPM

Deep Water Directions: High intensity in deep water. Non impact workout focusing on vertical core training and strengthening, including cardio, range of motion and power moves that challenge balance and core stability. 126BPM

Aqua Fusion: Medium intensity in deep water. Class concentrates on cardiovascular, core and conditioning. Various equipment is used for strengthening, core and balance then ends with flexibility through stretching. 126-135BPM

Total Body Blast: Medium/high intensity in deep water. Set to our rock'n'roll favorites, this class will tone your heart, muscles and mind. Burn calories and have fun doing it. Various equipment may be used. 128-135BPM

Aqua Cardio Core: Medium intensity in both shallow and deep water. Background music used to maintain appropriate heart rate throughout the class, while utilizing equipment to perform a variety of exercises. Class will target upper and lower body muscles while focusing primarily on the core muscles. Goals are increased range of motion, improved muscular endurance and balance. 128-140BPM

Aqua Insanity: High intensity in deep water. Class will include kickboxing, plyometrics, and equipment. You should leave feeling energized. The intensity increases with the movements. 128-140BPM

Aqua Power: High intensity in deep water. Use your strength and the resistance created by your classmates. The intensity increases with the movements. 128-140BPM

Motivated to Move: High intensity in shallow water. Little impact on your joints. Varied equipment used. Most fitness levels can participate since modifications can be made. And the exertion level is a personal choice. 130-140 BPM

Aqua Fit [120-140BPM]: High intensity in shallow water. This class is high energy, Includes intervals and sprints as well as handbuoys.**H2O Cardio Mix:** Medium to high intensity class in shallow water. Emphasis will be on power and intensity but options will be presented for those comfortable working in lower intensity. Both upper and lower body strengthening. 125-128BPM

Deep Water Mix: Medium to high intensity class in deep water. A variety of cardio and core non-impact exercises.

TABATA AQUA: HIGHEST INTENSITY EVER Special Program in cool deep water. This is simply put: Tabata training taken to the pool. No hard impact on your joints. Proven to increase metabolism for 3 hours post workout. Proven to decrease your resting heart rate. Developed for the conditioned adult. Swimming ability not necessary and flotation devices supplied.

Hydro HIIT: High Intensity Special Program in cool deep water. Powerful deep water core strengthening with cardio blasts for calorie burning. Developed for the conditioned adult ready to take the plunge in CROSS TRAINING.