

INSTRUCTOR-LED WATER FITNESS

7:45am

MON	TUE	WED	THU	FRI	SAT	SUN
	Deep Water Cardio Jeanne	Cardio Mix Emily	Deep Water Cardio Jeanne	Cardio Mix Emily	Shallow Water Cardio Mary Louise	

- Time: All classes will take place from 7:45am-8:30am.
- Start Dates: Cardio Mix and Shallow Water Cardio to begin on 7/13; Deep Water Cardio to begin on 7/20.
- Location: Recreation Pool - mid-center across from the stairs.
- Maximum Class Capacity: Varies per class.
- Reservations: Can be made via Weymouth Club App 48 hours in advance.

WATER FITNESS: CLASS DESCRIPTIONS

CARDIO MIX | medium/high intensity | shallow water

Background music helps maintain appropriate heart rate throughout class, while utilizing equipment to perform a variety of exercises. Target upper and lower body muscles while focusing primarily on the core muscles. Goals are increased range of motion, improved muscular endurance and balance.

DEEP WATER CARDIO | medium/high intensity | deep water

A medium to high intensity cardio class in deep water. Lower-intensity modifications can be made.

SHALLOW WATER CARDIO | low/medium intensity | shallow water

Range of motion, flexibility and strengthening exercises are performed. Lower-intensity modifications can be made.