

REC & 8-LANE POOLS WATER FITNESS CLASSES

	MON	TUE	WED	THU	FRI	SAT	SUN
7:45am		Deep Water Walking Jeanne	Cardio Mix Emily	Deep Water Walking Jeanne	Cardio Mix Emily	Shallow Water Cardio Mary Louise	
9:30am	Deep Water Blast Sophia		Aqua Fit Patti				
11:30am		Arthritis Fit Kristen		Arthritis Fit Kristen			
6:30pm	Making Waves Brendan			Deep Water Cardio Sophia			

- Above classes beginning at 7:45 am, 11:30 am and 6:30pm will take in the Recreation Pool - mid-center across from the stairs.
- Above classes beginning at 9:30 am will take place in the 8-Lane Pool.
- Reservations can be made via the Weymouth Club App up to 48 hours in advance.

REC & 8-LANE POOLS WATER FITNESS: CLASS DESCRIPTIONS

ARTHRITIS FIT | low intensity | shallow water

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. We'll had a hint of gentle cardio.

Location: Rec Pool

AQUA FIT | high Intensity | shallow water

This class is high energy and includes sprint drills, as well as hand-bouys for a total body workout. While this class emphasizes power and high intensity intervals, options are always presented for those seeking a lower intensity.

Location: 8-Lane Pool

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 movement while focusing primarily on the core muscles. Goals are increased range of motion, improved muscular endurance and balance.

Location: Rec Pool

DEEP WATER BLAST | medium/high intensity | deep water

Set to our rock 'n' roll favorites, this class will tone your heart, muscles and mind. Burn calories and have fun! Diversity of equipment will be used – depends upon the class routine.

Location: 8-Lane Pool

DEEP WATER CARDIO | medium/high intensity | deep water

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

Location: Rec Pool

DEEP WATER WALKING | medium/high intensity | deep water

All deep-water movement for non-impact exercises for the strong bodies but sore joints. This is still a moderate intensity yet build endurance and strength within the core. A great class for all. Buoyancy belts are available.

Location: Rec Pool

MAKING WAVES | medium/high intensity | deep 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.

Location: Rec Pool

SHALLOW WATER CARDIO | low/medium intensity | shallow water

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

Location: Rec Pool