

WATER FITNESS SCHEDULE

Included with All Memberships

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
DEEP WATER BLAST 9:30am <i>Jean</i> 8 Lane Pool	DEEP WATER WALKING 7:45am <i>Jean</i> 8 Lane Pool	CARDIO MIX 7:45am <i>Brianne Hill</i> Recreational Pool	DEEP WATER WALKING 7:45am <i>Jean</i> 8 Lane Pool	CARDIO MIX 7:45am <i>Emily</i> Recreational Pool	SHALLOW WATER CARDIO 7:30am <i>Mary Louise</i> Recreational Pool
		AQUA FIT 9:00am <i>Patti</i> 8 Lane Pool	ARTHRITIS FIT 11:10am <i>Kristen</i> Recreational Pool	TABATA AQUA 9:00am <i>Deb Quigley</i> 8 Lane Pool	
MAKING WAVES 6:45pm <i>JoAnne</i> Recreational Pool	ARTHRITIS FIT 11:10am <i>Kristen</i> Recreational Pool	AQUA ZUMBA 6:45pm <i>Mary Louise</i> Recreational Pool	DEEP WATER CARDIO 6:45-7:30pm <i>JoAnne</i> Recreational Pool	ARTHRITIS FIT 11:10am <i>Kristen</i> Recreational Pool	

Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.

We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.

Class Lengths: 45 Minutes

For class descriptions please contact our Aquatics Director,
Ashley Cirillo at acirillo@weymouthclub.com

Schedules are subject to change*

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 have a hint of gentle cardio.

Location: Recreational 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 Lap Pool

AQUA ZUMBA®

blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles

Location: 8 Lane Lap Pool Class

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: Recreational 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 Lap 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: Recreational 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: Recreational Pool

MAKING WAVES

Medium/High Intensity | 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.

Location: Recreational 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: Recreational Pool

TABATA AQUA

Highest intensity ever! In cold, deep water. Tabata training hits the pool – with no hard impact on your joints. This class is proven to increase metabolism for 3 hours post-workout and decrease your resting heart rate. Developed for the conditioned adult. Swimming ability not necessary and flotation devices supplied.

Location: 8 Lane Lap Pool