

WATER FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEEP WATER BOOTCAMP 9:30am <i>Jean - Lap Pool</i>	DEEP WATER BLAST 7:45am <i>Jean - Lap Pool</i>	CARDIO MIX 7:45am <i>Jen S - Rec Pool</i>	DEEP WATER WALKING 7:45am <i>Jean - Lap Pool</i>	CARDIO MIX 7:45am <i>Emily - Rec Pool</i>	SHALLOW WATER CARDIO 7:30am <i>Mary Louise - Rec Pool</i>
MAKING WAVES 6:45pm <i>Kristen - Rec Pool</i>	ARTHRITIS FIT 11:10am <i>Kristen - Rec Pool</i>	AQUA FIT 9:00am <i>Patti - Lap Pool</i>	ARTHRITIS FIT 11:10am <i>Kristen - Rec Pool</i>	TABATA AQUA 9:00am <i>Deb Q - Lap Pool</i>	
	DEEP WATER CARDIO 6:45pm-7:30pm <i>Jen S - Rec Pool</i>	AQUA BLAST 6:45pm <i>Sandy - Rec Pool</i>	DEEP WATER CARDIO 6:45pm-7:30pm <i>Joanne - Rec Pool</i>	ARTHRITIS FIT 11:10am <i>Kristen - Rec Pool</i>	

- **Reservations are required to attend class** and can be made up to 48 hours in advance on WC App. All classes have a maximum of 25 participants (*exception - Arthritis Fit*).
- 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 Length: 45 Minutes
- For class descriptions please get in touch with 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 BLAST

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

Shallow water cardio, muscle-sculpting, core, and balance class. Low impact, water supports your body and reduces stress on joints and muscles.

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