

SPRING WATER FITNESS CLASS SCHEDULE

EFFECTIVE MARCH 28TH, 2024

Cottonwood Heights

Parks & Recreation

MONDAY

- D 7:00-8:00am
H2O Fit **
(Lynn)
- S 10:00-11:00am
Intervelocity ***
(Stephanie)
- D 11:00-12:00pm
Intervelocity ***
(Stephanie)

TUESDAY

- D 6:00-7:00am
Cardio Power Splash**
(Erika)
- D 7:00-8:00am
H2O Fit **
(Virginia)
- S 8:00-9:00
Aqua Grooves **/**
(Michelle)
- S 9:00-10:00am
Fluid Motion *
(Michelle)
- D 11:00-12:00pm
Water N' Weights **/**
(Charlie)

WEDNESDAY

- D 7:00-8:00am
H2O Fit **
(Lynn)
- S 9:00-10:00am
Aqua Jocks ***
(Michelle)
- S 10:00-11:00am
Hydro Tone **/**
(Michelle)
- D 11:00-12:00pm
High Tide **/**
(Michelle)

THURSDAY

- D 6:00-7:00am
Cardio Power Splash**
(Erika)
- D 7:00-8:00am
H2O Fit **
(Virginia)
- S 9:00-10:00am
Water N' Weights **/**
(Charlie)
- D 11:00-12:00pm
Water N' Weights **/**
(Charlie)

FRIDAY

- D 7:00-8:00am
H2O Fit **
(Lynn)
- S 9:00-10:00am
Water N' Weights **/**
(Charlie)
- S 10:00-11:00am
Cardio Splash **
(Masuda)
- D 11:00-12:00pm
Intervelocity ***
(Stephanie)

SATURDAY

- R 10:00-11:00am
Cardio Splash **
(Masuda)
- *This is a 'pop-up' class and will **NOT** be offered every Saturday. Please join the newsletter email group or check our website for the most current schedule.

Tuesday 6 am class is temporary until April 30th

ONE STAR * = LOW INTENSITY

TWO STARS ** = MEDIUM INTENSITY

THREE STARS *** = HIGH INTENSITY

All classes may be modified to skill level. Please speak with the instructor before your class about any modifications

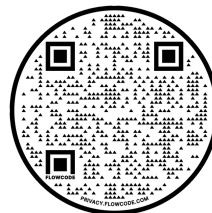
S SPECIALTY POOL
(SHALLOW)

D DIVE TANK
(DEEP)

R RACE POOL
(SHALLOW/DEEP)



**REGISTRATION REQUIRED FOR ALL CLASSES
SCAN QR CODE WITH YOUR PHONE
TO REGISTER**



**WANT TO KNOW WHAT'S GOING ON WITH
AQUA FITNESS? JOIN OUR WEEKLY
NEWSLETTER LIST! SCAN THE QR CODE
TO BE ADDED**



AQUA GROOVES: A choreographed class that keeps you moving at a steady pace, in the same direction and time as other participants.

AQUA JOCKS: Perform powerful moves using an interval format designed to challenge muscles, building strength and cardio fitness.

CARDIO SPLASH: This class is composed of cardio choreographed routines, mixing in a variety of dance forms. From salsa to kick-boxing, be ready to have fun while getting work done in the water.

CARDIO POWER SPLASH: Use the resistance of the water to improve cardiovascular fitness, endurance, and flexibility with power moves that gets your body moving! ***this class is temporary for March only***

FLUID MOTION: Focus on motion, balance, and posture exercises. Some light cardio and toning exercises are used throughout the workout. This is a great class to try if you are new to Aqua Fitness!

HIGH TIDE: A combo class with heart pumping upper and lower body combinations. Some equipment is used, but working against the waters natural resistance will be the main focus of the class.

HYDRO-TONE: This class works on improvement of flexibility, core strength, breathing and balance.

H2O FIT: Cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts provided for buoyancy.

INTERVELOCITY: Interval training involving a series of high-intensity workouts interspersed with active rest periods. Anaerobic exercises to increase aerobic capacity, improving speed and agility.

WATER 'N' WEIGHTS: An intense workout which incorporates cardiovascular and strength training. Will use water bells or paddles for resistance (not actual weights). A total body workout!

AQUA FITNESS FAQ:

What are the best classes for beginners?

- Aqua Grooves
- Fluid Motion
- H2O Fit
- Cardio Splash

Do I need to be "fit" to attend Aqua Fitness classes?

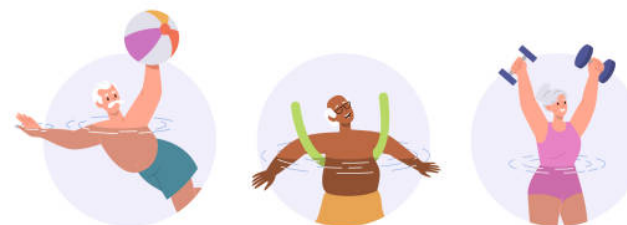
- No! All classes are able to accommodate any fitness level, although we recommend starting with our beginner classes :)

Can I still attend classes if I am injured?

- Yes you can still attend, but we recommend discussing it with your doctor before hand to prevent further injury. All of our instructors are highly skilled and can accommodate class structure and routine for you if needed. *please inform your instructor of any injuries prior to class*

How do I check in for class?

- Please visit one of our front desks before your class begins to receive your class pass. Give these to your instructor before class starts and enjoy your workout! *if attending multiple classes in a row, please obtain ALL passes*



CLASS RATES:	PER CLASS	10 PASS	20 PASS
ULTIMATE MEMBER	NO CHARGE		
PREMIUM MEMBER	\$7.00	\$63.00	\$126.00
PREMIUM MEMBER SENIOR (62+)	\$6.00	\$54.00	\$108.00
PREMIUM MEMBER YOUTH (14-17)	\$5.00	\$40.00	\$80.00
NON-MEMBER	\$8.00	\$72.00	\$144.00
NON-MEMBER SENIOR (62+)	\$7.00	\$63.00	\$126.00
NON-MEMBER YOUTH (14-17)	\$6.00	\$54.00	\$108.00

- Class sizes are limited. Please sign up ahead of time on our website www.cottonwoodheights.com
- Check-in cards can be obtained at the administrative front desks before each class begins