

# SPRING 2019

# WATER AEROBICS



Water aerobics programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water.

## CLASS SCHEDULE - (Class Descriptions on Reverse Side)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	H2O FIT INDOOR DIVING TANK	H2O FIT INDOOR DIVING TANK	H2O FIT INDOOR DIVING TANK	*H2O FIT* INDOOR DIVING TANK	H2O FIT INDOOR DIVING TANK		
8:00 AM						WATER WORKS INDOOR DIVING TANK	
8:30 AM					AQUA ZUMBA INDOOR SPECIALTY POOL		
9:00 AM	INTERVELOCITY INDOOR SPECIALTY POOL	AQUA-GROOVES INDOOR SPECIALTY POOL	SPORTS MOVES INDOOR SPECIALTY POOL				
10:00 AM	HYDRO-TONE INDOOR SPECIALTY POOL	FLUID MOTION INDOOR SPECIALTY POOL	HYDRRO-TONE INDOOR SPECIALTY POOL	*POWER POOL* INDOOR SPECIALTY POOL			
11:00 AM	30/20/10 INDOOR DIVING TANK		POWER POOL INDOOR DIVING TANK		INTERVELOCITY INDOOR DIVING TANK		
12:15 PM							SURPRISE H2O INDOOR DIVING TANK
6:00 PM	POWER POOL INDOOR DIVING TANK		WATER WORKS INDOOR DIVING TANK				

\*Free intro. classes to first timers the 1st day of each month\*  
**March 1st, April 1st, May 1st**

# CLASS DESCRIPTIONS FOR WATER AEROBICS CLASSES:

**H<sub>2</sub>O Fit\*\*:** This deep water aerobic workout is for everyone! It incorporates both cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts for buoyancy are provided.

**Fluid Motion\*\*:** A steady paced format focusing on range of motion, balance, and posture.

**Intervelocity\*\*\*:** Intervals to increase your aerobic capacity, improve speed, and your agility.

**Power Pool\*\*\*:** Kick up your metabolism! This class appeals to all levels of fitness in either shallow or deep water.

**Sports Moves\*\*\*:** This class will challenge your inner athlete, with moves like kickboxing, volleyball, track, to "horse racing".

**Aqua Zumba\*\*:** Shake, shimmy, and sizzle in the water as we create some heat, Latin style!

**Aqua Grooves\*\*:** A choreographed class that makes your heart beat faster and muscles work harder, with music set at a tempo to challenge your every move.

**Hydro-tone\*:** This class helps you improve your flexibility, core strength, breathing and balance.

**Surprise H<sub>2</sub>O\*:** Come to this exciting class that involves a combination of 2 or 3 classes. Whether shallow or deep, this class will keep you moving.

**Water Works\*\*:** Cardio, strength and flexibility for your core! Motivating music for your mind.

**30/20/10\*\*:** Formatted for cardio/strength/core.

\*Level One: slower paced, for beginners or those who need a less intense workout

\*\* Level Two: moderate intensity, for days when you've already exercised, are recovering from an injury or just for fun

\*\*\*Level Three: higher intensity and fast paced-- appropriate for the athlete as a cross-training workout

Youth aged 14 and up are welcome- younger children must be participating with a parent and instructor's permission. All classes are prepaid in the main office. Punch cards cannot be replaced if lost or stolen. (Seniors = those 62 and older.)

Group Fitness Class Rates			
	<u>Per Class</u>	<u>Combo 10 Punch Card</u>	<u>Combo 20 Punch Card</u>
<u>Ultimate Member</u>	No charge		
<u>Premium or Basic Member Adult</u>	\$5.00	\$45.00	\$80.00
<u>Non-Member Adult</u>	\$6.00	\$55.00	\$100.00
<u>Premium or Basic Senior (age 62+)</u>	\$4.00	\$35.00	\$60.00
<u>Non-Member Senior (age 62+)</u>	\$5.00	\$45.00	\$80.00
<u>Premium or Basic Member Youth</u>	\$4.00	\$35.00	\$60.00
<u>Non-Member Youth</u>	\$5.00	\$45.00	\$80.00

**YOU ARE ONLY ONE WORKOUT  
FROM A GOOD MOOD.  
-ANONYMOUS**



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