

Summer 2019 Heights of Water Aerobics



Water aerobics programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water. Classes are 45 minutes to 1 hour in length

CLASS SCHEDULE - (Class Descriptions on Reverse Side)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	H2O FIT OUTDOOR DIVING TANK	H2O FIT OUTDOOR DIVING TANK	H2O FIT OUTDOOR DIVING TANK	*H2O FIT* OUTDOOR DIVING TANK	H2O FIT OUTDOOR DIVING TANK		
8:00 AM						WATER WORKS OUTDOOR DIVING TANK	
8:30 AM					AQUA ZUMBA INDOOR SPECIALTY POOL		
9:00 AM	INTERVELOCITY INDOOR RACING POOL	AQUA-GROOVES INDOOR SPECIALTY POOL	SPORTS MOVES INDOOR RACING POOL				
10:00 AM	HYDRO-TONE INDOOR SPECIALTY POOL	FLUID MOTION INDOOR SPECIALTY POOL	HYDRDRO-TONE INDOOR SPECIALTY POOL	*POWER POOL* OUTDOOR RACING POOL			
11:15 AM (45 min.)	30/20/10 OUTDOOR DIVING TANK		POWER POOL OUTDOOR DIVING TANK		INTERVELOCITY OUTDOOR DIVING TANK		
12:15 PM							SURPRISE H2O OUTDOOR DIVING TANK (45 min.)
6:00 PM	POWER POOL OUTDOOR DIVING TANK		WATER WORKS OUTDOOR DIVING TANK				
8:00 PM		HYDRO-TONE OUTDOOR DIVING TANK (45 MIN.)		HYDRO-TONE OUTDOOR DIVING TANK (45 MIN.)			

No classes will be held on:
July 4th, and 24th

Free intro. classes to first timers the 1st day of each month
July 1st, August 1st, September 1st

CLASS DESCRIPTIONS FOR WATER AEROBICS CLASSES:

H₂O 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 H₂O*: 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

The motivation for all personal behavior is to produce a sense of "FEEL GOOD," a sense of inner peace and well being.

- Sidney Madwed



801.943.3190
7500 South 2700 East
Cottonwood Heights, UT 84121
Cottonwoodheights.com