

# Aqua Fitness

**Summer 2022 — Effective (June 6th)**

**Water aerobics programs are designed to increase cardiovascular endurance, improve flexibility, and tone muscle with water as an aid. Class lengths are 45-60min.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WATER WALKING TIMES	10AM-11:30AM <b>Outdoor Race</b> Between Walking Cones		10AM-11:30AM <b>Outdoor Race</b> Between Walking Cones		10AM-11:30AM <b>Outdoor Race</b> Between Walking Cones	8:15AM-11:30AM <b>Outdoor Race</b> Between Walking Cones
7:00 AM	H2O FIT OUTDOOR DIVING TANK (LYNN)	H2O FIT OUTDOOR DIVING TANK (VIRGINIA)	H2O FIT OUTDOOR DIVING TANK (STEPHANIE W)	H2O FIT OUTDOOR DIVING TANK (VIRGINIA)	H2O FIT OUTDOOR DIVING TANK (STEPHANIE P)	
8:00 AM						<b>CORE MOBILITY</b> OUTDOOR DIVING POOL (LISA)
9:00AM	TIDAL WAVE INDOOR SPECIALTY POOL (CHERIEE)	AQUA –GROOVES INDOOR RACE (MICHELLE)	SPORTS MOVES INDOOR RACE (MICHELLE)			
9:30AM (45 min.)			WATER 'N' WEIGHTS OUTDOOR DIVING TANK (CHARLIE)			
10:00 AM		FLUID MOTION INDOOR SPECIALTY POOL (MICHELLE)	HYDRO-TONE (55 minutes) INDOOR SPECIALTY POOL (MICHELLE)	WATER WONDERS OUTDOOR RACE POOL (SHARON)	CARDIO SPLASH OUTDOOR RACE POOL (MASUDA)	
11:00 AM (45 min.)	TIDAL WAVE OUTDOOR DIVE POOL (CHERIEE)		TIDAL WAVE OUTDOOR DIVING TANK (MICHELLE)		INTERVELOCITY OUTDOOR DIVING TANK (STEPHANIE P)	
12:30PM		WATER 'N' WEIGHTS INDOOR SPECIALTY POOL (CHARLIE)		WATER 'N' WEIGHTS INDOOR SPECIALTY POOL (CHARLIE)		
6:00 PM		<b>CORE MOBILITY</b> OUTDOOR RACE (LISA)		<b>CORE MOBILITY</b> OUTDOOR RACE (LISA)	<b>CORE MOBILITY</b> OUTDOOR RACE (LISA)	
8:00 PM (45 min.)	H2O FIT OUTDOOR DIVE (SHARON)	<b>CORE MOBILITY</b> OUTDOOR RACE (LISA)	WATER WONDERS OUTDOOR DIVE/RACE (SHARON)	<b>CORE MOBILITY</b> OUTDOOR RACE (LISA)		

**(Class Descriptions on Reverse Side)**

*Free intro classes to first timers on the first day of each Month*

# CLASS DESCRIPTIONS

<b>H2O FIT</b>	Both cardio a strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts for buoyancy are provided.
<b>FLUID MOTION</b>	A steady paced format focusing on range of motion, balance, and posture.
<b>INTERVELOCITY</b>	Intervals to increase your aerobic capacity, improve speed, and your agility.
<b>TIDAL WAVE</b>	Kick up your metabolism! This class appeals to all levels of fitness in either shallow or deep water.
<b>CARDIO SPLASH</b>	This class is composed of cardio choreographed routines, mixing in a variety of forms. From salsa to kick-boxing, be ready to have fun while getting work done in the water.
<b>HYDRO-TONE</b>	This class helps you improve your flexibility, core strength, breathing and balance.
<b>CORE MOBILITY</b>	Moving upright in a seated or treading position, this class uses core muscles to establish proper joint alignment and muscle engagement. Flotation belts/cuffs are used to assist in maintaining proper alignment to prevent injury and create Mobility for life.
<b>AQUA GROOVES</b>	Choreographed, cardio building format.
<b>WATER WONDERS</b>	Stepping, Strengthening, Striding and Stretching; A shallow water class that includes exercises to increase balance, overall body toning, and improved mobility & posture with fun cardio moves. Various equipment will be used during this class.
<b>WATER 'N' WEIGHTS</b>	An intense water aerobic workout which incorporates cardiovascular and strength training. Will use water bells or paddles for resistance. This is a total body workout!

Group Fitness Class Rates	Per Class	Combo 10 Punch Card	Combo 20 Punch Card
<u>Ultimate Member</u>	No charge		
<u>Premium or Basic Member Adult</u>	\$6.00	\$48.00	\$96.00
<u>Non-Member Adult</u>	\$7.00	\$63.00	\$126.00
<u>Premium or Basic Senior (age 62+)</u>	\$5.00	\$40.00	\$80.00
<u>Non-Member Senior (age 62+)</u>	\$6.00	\$54.00	\$108.00
<u>Premium or Basic Member Youth</u>	\$5.00	\$40.00	\$80.00
<u>Non-Member Youth</u>	\$6.00	\$54.00	\$108.00



**Questions?**  
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