

Group Fitness Water Aerobics Schedule

Effective January 15, 2023

McLeod

Health & Fitness Center

Aquatic Aerobic Class Descriptions

Aqua Blast: Our Aqua Blast classes are taught in the Multi-Purpose Pool; here you will use the resistance properties of the water to blast yourself to the next fitness level. This low-impact class burns calories and tones your body with intervals of heart-pumping cardio and resistance exercises.

Aqua Body Tone: This innovative class combines cardio, stretching and flexibility techniques to simultaneously stretch, strengthen and lengthen, and stabilize the entire body.

Arthritis Aquatics: Water is a safe, ideal environment for relieving arthritis pain and stiffness. The gentle activities in this warm water pool class will help you gain strength and flexibility while decreasing pain and stiffness. In the relaxed, friendly, and supportive atmosphere of this class, new friendships are made and self-esteem soars.

Deep Water Workout: Using the deeper end of the WWP for suspended work to provide a great water workout. Come work out with us.

AQUATIC GROUP FITNESS SCHEDULE

MONDAY

Time	Class	Level	Location
9:00 - 9:45 a.m.	Aqua Blast	2-3	MPP
10:00 - 10:45 a.m.	Arthritis Aquatics	1-2	WWP

TUESDAY

Time	Class	Level	Location
9:00 - 9:45 a.m.	Aqua Body Tone	All	WWP
10:00 - 10:45 a.m.	Aqua Body Tone	All	WWP

WEDNESDAY

Time	Class	Level	Location
9:00 - 9:45 a.m.	Aqua Blast	2-3	MPP
10:00 - 10:45 a.m.	Arthritis Aquatics	1-2	WWP

THURSDAY

Time	Class	Level	Location
9:00 - 9:45 a.m.	Aqua Body Tone	All	WWP
10:00 - 10:45 a.m.	Aqua Body Tone	All	WWP

FRIDAY

Time	Class	Level	Location
9:00 - 9:45 a.m.	Aqua Blast	2-3	MPP
10:00 - 10:45 a.m.	Arthritis Aquatics	1-2	WWP

Location Key:

MPP = Multi-Purpose Pool WWP = Warm Water Pool

Level 1: For participants who are new to aerobic/exercise programs. Class includes basic movements and sequences that are low-impact.

Level 2: For the slightly more experienced participant. Classes include simple movement patterns that may vary in intensity levels.

Level 3: For the experienced aerobic participant. Class includes more challenging movement patterns at higher intensity levels.

**For up-to-date class schedule information,
call the Group Fitness Hotline
777-3232.**