

AQUA CLASS MENU

EFFECTIVE 10-7-2018



9950 CALUMET AVENUE, MUNSTER, IN 46321
 PHONE: (219) 924-5FIT
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00A-8:40A Gentle Joints Heather (TP)	★ 8:00A-8:40A FUNctional Flow Deidra (TP)	8:00A-8:40A Gentle Joints Kathy J (TP)	★ 8:00A-8:40A FUNctional Flow Kathy J (TP)	8:00A-8:40A Gentle Joints Kathy (TP)	8:30A-9:25A Aqua Bootcamp Rotation (LP)
9:00A-9:40A Aqua Tone Aziza (TP)	8:45A-9:25A Aqua Tone Patty (TP)	9:00A-9:40A Aqua Tone Kathy J (TP)	8:45A-9:25A Aqua Fit Kathy J (LP)	9:00A-9:40A Aqua Tone Aziza (TP)	
9:00A-9:55A Aqua II Heather (LP)	9:30A-10:25A Deep Water Patty (LP)	9:00A-9:55A Aqua II Patty (LP)		9:00A-9:55A Aqua II Kathy/Kim (LP)	
10:00A-10:25A Aqua Dance Kim (TP)		10:00A-10:25A Aqua Dance Kim (TP)		★ 10:00A-10:25A Aqua Dance Nicole (TP)	
5:00P-5:40P Aqua Pilates Bobbie (TP)	★ 5:00P-5:40P Aqua Tone Pam (TP)	6:00P-6:55P Aqua II Patty (LP)	5:00P-5:40P Aqua Pilates Bobbie (TP)		
6:00P-6:55P Aqua Bootcamp Aziza (LP)	6:00P-6:55P Deep Water Bobbie (LP)		6:00P-6:55P Deep Water Bobbie (LP)		

KEY	CLASS REMINDERS
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<p>LAP POOL= LP</p> <p>THERAPY POOL= TP</p> <p>NEW CLASS= ★</p> <p>NEW TIME= 🕒</p>	<p><u>AQUA CLASS</u> <u>GUIDELINES/RULES:</u></p> <ol style="list-style-type: none"> 1. Aqua classes begin at the times listed on this schedule. 2. If you arrive late for an aqua class, please do the following: get necessary equipment, enter class quietly, find an open space, and do not disrupt instructor or participants. 3. Please have conversations before and after class, NOT during class time. 4. Please observe lane usage markers that are determined by the instructor. 5. The class instructor is authorized to enforce these guidelines/rules and may dismiss participants who do not comply. 	 <p>Bring a plastic water bottle to stay hydrated during aqua exercise classes.</p>  <p>Water shoes are recommended but not required.</p>	<p>Aquatic exercise participants have 'pool preference' in the lanes used by the instructor led classes.</p> <p><u>DURING ALL AQUA CLASSES:</u> at least ONE lane MUST be kept open</p> <p><u>DEEP WATER LAP CLASSES:</u> at least TWO SHALLOW lanes MUST be kept open</p> <p><u>SHALLOW WATER LAP CLASSES:</u> at least ONE DEEP lane MUST be kept open</p>	<p><u>BE COURTEOUS TO OUR NON-CLASS POOL USERS!</u></p> <p><u>QUALITY CONTROL:</u> "CHECKS" ASSURE THAT OUR CLASSES FOLLOW OSHA GUIDELINES OF <85 DB OF SOUND.</p>
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AQUA Class Descriptions

Aqua II - These classes incorporate a wide variety of class formats (aerobic to toning), with or without water equipment (resistance cuffs, noodles, etc.) and a range from shallow to deep water.

Aqua Bootcamp - Aqua Bootcamp class provides both whole group and circuit formats. Exercises are performed with a high level of effort and intensity using interval training and the popular **TABATA** technique. This class targets cardiovascular and muscle conditioning while in an aquatic environment.

Aqua Dance - Have fun working out in the pool while dancing to various genres of music such as Polka, Country, Latin, Oldies and much more.

Aqua Fit - This class is designed for those who want a whole body aerobic and strength training workout without strain on your joints and back. Water aerobics is a great combination of fun and exercise. Exercises will be modified depending on your level of fitness.

Aqua Pilates - Learn to challenge stability and increase core strength. Pilates principles will be implemented and adapted for the water.

Aqua Tone - A well-rounded, muscle toning workout using water resistance equipment such as noodles, paddles, kick boards and hand buoys as well as the natural resistance provided by the water. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program.

Deep Water - A GREAT non-impact aerobics class using water equipment such as noodles, buoyancy belts and resistance cuffs. Buoyancy belts provided. No swimming skills required.

FUNctional Flow - This class will focus on improving balance, agility, coordination, strength, flexibility and endurance which will help you function effectively and efficiently throughout each day.

Gentle Joints - This warm water class is perfect for individuals looking to improve their strength and flexibility using the water's buoyancy properties.

Class Cancellation Policy - Classes may be cancelled due to one of the following reasons:

1. Single class with less than two participants will be determined by Instructor.
2. Classes with less than five participants over a three month period may be cancelled until further notice.