

# South Jordan Aquatic & Fitness Center

## Water Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:15 AM		Advanced Body Conditioning Tamara		Advanced Body Conditioning Tamara		
7-8 AM						In the Deep Beckee
8-9 AM	Full Body Workout Cindy	Aqua Cardio Beckee	In the Deep Leo	Aqua Cardio Beckee	Full Body Workout Cindy	
9-10 AM	Full Body Workout Cindy	Low-impact Splash Beckee	In the Deep Leo	Low-impact Splash Beckee	Full Body Workout Cindy	
10-11 AM	Aqua Zumba Jacqueline	Poolates Beckee		Poolates Beckee	Aqua Zumba Jacqueline	
11:15 AM-12:15 Pm			Aqua Zumba Jacqueline			
7:30-8:30 PM	Aqua Blast Leo		Aqua Blast Leo			

### Effective September 2018

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

Classes are one hour long unless otherwise indicated.

Classes, schedules, and instructors are subject to change without notice

# Water Fitness Class Descriptions

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- Advanced Body Conditioning:** This class offers a deep water workout, focusing on muscle conditioning and toning. It includes an advanced abs workout, targets posture improvement, and promotes cardiovascular endurance.
- Aqua Cardio:** This is an intense cardio and strength class perfect for any fitness level. Interval cardio will be used with the aid of flotation belts, cuffs, hand buoys, and resistance tubing.
- In the Deep:** Take the impact out of your workout using water resistance for a great fat burning and muscle toning cardio routine. This class is taught in the deep end of the pool with flotation belts provided.
- Low-impact Splash:** Activate your urge for variety! Splash offers fun, deep water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination.
- Aqua Blast:** A high intensity water workout to blast away those calories.
- Aqua Zumba:** Low-impact high-energy blends the Zumba philosophy with water resistance.
- Full Body Workout:** A workout designed to target each part of your body and leaves you feeling strong and mobile.
- Poolates:** This effective and challenging class is soothing to the mind and spirit, gentler on the joints, and strengthening for the muscles.
- Poolates will use a variety of equipment with the buoyancy, resistance, and gentle movement of the water to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul.