

# South Jordan Aquatic & Fitness Center

## Water Fitness Class Schedule

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

**Effective January 2020**

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.
- Full Body Workout:** A workout designed to target each part of your body and leaves you feeling strong and mobile.
- Aqua Zumba:** Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!