



Water Fitness Class Schedule

Effective July 2022

Aqua shoes and water bottles are highly recommended for all shallow water classes.



843-281-3737

Time	Mon	Tues	Wed	Thurs	Fri	Sat
7:15a -OR- 7:30a	Tabata / HIIT Combo Ann	Cardio Tabata Rachael	Tabata / HIIT Combo Ann	Weekday Splash Mel	Cardio Tabata Rachael	
8:10a -OR- 8:30a	Tabata / HIIT Combo Ann	Cardio Tabata Rachael	Tabata / HIIT Combo Ann	Weekday Splash Mel	Cardio/Power HIIT Rachael	
8:10a -OR- 9:00a		Deep Water Lynne		Deep Water Lynne		Weekend Splash Mel
10:00a	Basic Moves Made Better Lynne	Arthritis Strength - N- Stretch Lynne	Aerobic Lite Rachael	Aqua Cardio, Core & Balance Cindy	Ai Chi Judy 	
11:15a -OR- 11:30a	Barre None Lynne	Yo-Chi Marc 	Barre None Lynne	Ai Chi Judy 	Weekday Splash Mel	
5:15p	Sunset H2O Combo Lynne		Sunset H2O Combo Lynne			

Water Fitness Calendar on back.

Revised 7/1/2022 @ 5:47 PM

Water Fitness Class Descriptions

All Classes are 45 minutes - All fitness levels are welcome!

Aerobic Lite

Exercises are geared to use resistance of the water while moving to improve cardiovascular fitness, endurance and muscle tone.

Ai Chi

Slow graceful exercise designed for relaxation, balance & health. Class takes advantage of the properties of water fostering range of motion, while challenging balance, facilitating core strength & stability. New to class? Please arrive 5 minutes early for orientation.

Arthritis Strength -N- Stretch

This class focuses on conditioning, strength, endurance and stretching components increasing flexibility and range of motion through a total body workout. Participants are encouraged to work within their own range of motion.

Aqua Cardio, Core & Balance

Want a unique workout incorporating cardio, core and balance? Come out and give this class a try! You'll be glad you did.

Barre None

This class incorporates guided stretching to improve range of motion, reduce pain and prevent injury. Elements include basic Barre, walking, balance and posture emphasis.

Basic Moves Made Better

This class focuses on using 7 basic foot positions while performing moderate exercise. Foot positions are applied using all 3 movement planes, to achieve faster and better workout results.

Cardio Tabata

This class incorporates interval training using the properties of water through a variety of simple yet intense exercises allowing each participant to get a terrific cardio workout.

Deep Water (Lap Pool)

This class covers a range of physical fitness through movements in deep water. Creative cardiovascular work combined with water resistance training to tone and firm the entire body. Flotation belts are required.

Tabata / HIIT Combo

Various cardio & strength routines are incorporated using body weight and water resistance to give you a maximum aquatic workout.

Sunset H2O Combo

This class combines cardio, strength training, flexibility and balance to enhance your water fitness experience. Come get fit while having fun as the sun goes down.

Weekday Splash/ Weekend Splash

Rev up your morning / Wind down your week with a fun creative low key workout. Build cardio endurance while gaining muscle strength and having fun!

Yo-Chi

This class combines the best of Ai Chi and Yoga to help with balance, stabilization, relaxation, increase in range of motion and more.

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