

# Aquatic Fitness Class Calendar

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Aqua Fitness	Aqua Step	Aqua Fitness	Aqua Step	Aqua Fitness	
9:00am		Aqua Fitness	Aqua HIIT	Aqua Fitness	Aqua HIIT	Aqua Fitness	
9:30am							Move, Stretch & Relax Or Aquatic Fitness
5:00pm		Aqua Fitness		Aqua Fitness			
5:30pm			Therapeutic Move, Stretch & Relax (Therapy Pool)		Therapeutic Move, Stretch & Relax (Therapy Pool)		

**PH&FC offers a variety of Aquatic Workouts that help you get fit & feel great, while building cardiovascular fitness & strength. Aquatic Classes are suitable for almost every age and fitness level. ☺**

**Aquatic Fitness-** Aqua Fit Classes include the use of equipment for a moderate to vigorous workout, including cardiovascular, toning and stretching exercises. Buoy dumb-bells, noodles, steps, splash boards and other equipment are used for resistance training and balance. The buoyancy provided by the water allows you to move more easily with decreased stress on the muscles, joints and bones, while increasing flexibility and balance.

**Therapeutic Move, Stretch & Relax-**This is a 45 minute class taught in the Warm Therapy Pool. This class emphasizes stretches, water-walking, & exercises for isolated joints and muscle groups. Warm water stimulates blood flow to stiff muscles and joints improving range of motion & flexibility. Movement in the warm water can be helpful in fighting the pain and stiffness of arthritis and many other conditions.

**Aqua Step-**This 1 hours class incorporates an aerobic Step for increased cardiovascular conditioning. This class also incorporates strength training, and a relaxing stretch at the end of class.

**Aquatic HIIT-** This High Intensity Interval Training Class involves timed bursts of exercise paired with short breaks for recovery. The buoyancy of the water removes the impact of body weight on the joints, making it an ideal fitness regimen.