

## Adult Group Fitness Classes April 2012

<b>Monday 6am-9pm</b>	<b>Time</b>	<b>Class</b>
6:00am –4:00pm & 5-6pm	Lap Swim (Minimum age 13 years old)	Pool
6:05am - 6:50am	Stretch & Sweat (Shallow Water)	Pool
8:00am - 8:45am	Aquaerobics (Shallow Water)	Pool
9:00am - 9:45am	High/Low Impact	Aerobic Studio
12:10pm -12:50pm	Aquaerobics (Shallow Water)	Pool
12:10pm - 12:50pm	Quick Fit	Fitness Room
5:15pm - 6:00pm	Strength & Cardio (Deep Water)	Pool
5:30pm - 6:30pm	Jazzercise	Room 206
<b><u>TUESDAY 6am-9pm</u></b>		
6:00am –4:00pm & 5-6pm	Lap Swim (Minimum age 13 years old)	Pool
6:05am - 6:50am	Power Move (Deep Water)	Pool
8:00am - 8:45am	Stretch & Sweat (Shallow Water)	Pool
9:00am - 9:45am	High/Low Impact	Aerobic Studio
9:00am-9:45am	Strength & Balance(formerly Fall Proof)	Room 206
12:10pm - 12:50pm	Strength and Cardio (Deep Water)	Pool
12:10pm - 12:50pm	Bootcamp	Fitness Room
5:15pm - 6:00pm	Hydrotone (Shallow Water)	Pool
4:45pm-5:30pm	Zumba	Gym
5:30pm-6:15pm	Yogalates	Aerobic Studio
<b><u>WEDNESDAY 6am-9pm</u></b>		
6:00am –4:00pm & 5-6pm	Lap Swim (Minimum age 13 years old)	Pool
6:05am - 6:50am	Stretch & Sweat (Shallow Water)	Pool
8:00am - 8:45am	Aquaerobics (Deep Water)	Pool
9:00am - 9:45am	High/Low Impact	Aerobic Studio
12:10pm - 12:50pm	Cardio Kick (Shallow Water)	Pool
5:15pm - 6:00pm	Strength & Cardio (Deep Water)	Pool
<b><u>THURSDAY 6am-9pm</u></b>		
6:00am –4:00pm & 5-6pm	Lap Swim (Minimum age 13 years old)	Pool
6:05am - 6:50am	Power Move (Deep Water)	Pool
8:00am - 8:45am	Stretch & Sweat (Shallow Water)	Pool
9:00am - 9:45am	Strength & Balance(formerly Fall Proof)	Room 206
9:00am-9:45am	High/Low Impact	Aerobic Studio
12:10pm - 12:50pm	Strength & Cardio (Deep Water)	Pool
12:10pm - 12:50pm	Quick Fit	Fitness Room
5:15pm - 6:00pm	Aquaerobics	Pool
5:30pm - 6:30pm	Jazzercise	Room 206
<b><u>FRIDAY 6am-9pm</u></b>		
6:00am – 4:00pm & 6:30-8:45pm	Lap Swim (Minimum age 13 years old)	Pool
8:00am - 8:45am	Aquaerobics (Shallow Water)	Pool
12:10-12:50pm	Aquaerobics (Shallow Water)	Pool
12:10pm - 12:50pm	Quick Fit	Fitness Room
<b><u>SATURDAY 7am-5:00pm</u></b>		
7:00am – 4:45pm	Lap Swim (Minimum age 13 years old)	Pool
8:30am - 9:30am	Jazzercise	Room 206
1:00-4:00pm	Open Swim (Lifeguard on duty)	Pool
<b><u>Sunday-1pm-5pm</u></b>	<b>Lap Swim (1-4:45pm) Open Swim (1-4pm)</b>	Pool

## Land Exercise Classes

- **High/Low Impact** – Fun and easy to follow aerobic work-out building strength and stamina using weights and medicine balls.
- **Strength & Balance**- Incorporates upper and lower body resistance training as well as working on balance, agility, coordination, and confidence in daily activities. A great class to add to your fitness schedule!
- **Jazzercise** – Jazzercise is group fitness class combining cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, and kickboxing and bundled them into one great workout.
- **Bootcamp**- Get your heart pumping and your muscles screaming. This class includes squats, lunges, plyometrics, and weights. Simple, but challenging moves that will maximize your calorie burning.
- **Quick Fit**- This isn't your normal circuit class. Exercises that will raise your heart rate, build your strength and endurance.
- **Zumba** -Are you ready to sweat? Zumba fuses hypnotic Latin **rhythms** and easy-to-follow moves to create a dynamic fitness program that will blow you away. Work out, get hooked and get into shape while you are having a "fitness party."
- **Yogalates**- If you enjoy Yoga and Pilates and don't have time for both try Yogalates! This class works on gaining more core strength, flexibility, proper breathing, and serenity.

## Water Exercise Classes

- **Aquaerobics** – Cardio with a full body workout in shallow water.
- **Cardio Kick** – Intense fun filled water exercise class mixed with some kickboxing and bands. Come ready to sweat!
- **Cardio Pump** – Come prepared to leave your morning stress behind. This class offers an upbeat workout sure to challenge all skill levels. Class will consist of cardio intervals combined with effective strength training moves. Core muscle and flexibility will be incorporated.
- **Hydrotone** – This class is sure to challenge your strength and endurance with cardio & weight training.
- **Strength and Cardio** – Challenging deep cardio workout using floatation belts and aqua bells.  
**Stretch and Sweat** – An up-beat aerobic movement, opening and closing stretches, which enables your muscles to move quickly and powerfully without discomfort as well as to retain flexibility and limberness.
- **Power Move** – Powerful motions in the deep water using noodles, aqua bells, and bands. Followed by a centering and calming cool down.

## Lap Swimming

- **PLEASE NOTE: No lifeguard is on duty for lap swimming. Circle swimming is encouraged.**
  - **Swim & Stay Fit mileage can be recorded. Minimum of one lane is open for lap swimmers.**
- All classes are instructed by Aquatics Exercise Association endorsed instructors and will be taught with high and low impact options. Our instructors teach for all levels.**



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