

# Water Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 AM <b>Deeply Fit</b> Competition Pool Bonnie	9:00 AM <b>Cardio/Strength Suprise</b> Competition Pool Sandra High impact	9:00AM <b>Cardio aquasize</b> Competition Pool Anne	9:00 AM <b>Deep Water Wildcard</b> Competition Pool Sandra Zero impact	9:00 AM <b>Aquacize</b> Competition Pool shallow Anne	8:15AM <b>Cardio/Strength Suprise</b> Rec Pool-Deep Sandra High impact
10:15 AM <b>Aqua Fit</b> Rec Pool Bonnie	10:00 AM <b>Warm Water Wellness</b> Rec Pool Sandra Low impact	10:00AM <b>Aquacize: Range of Motion</b> Rec Pool Anne	10:00 AM <b>Cardio/Strength Suprise</b> Rec Pool Sandra High impact	10:00AM <b>Aquacize: Range of Motion</b> Rec Pool Anne	9:15AM <b>Cardio/Strength Suprise</b> Competition Pool- shallow Sandra
		11:00AM Aqua Zumba Comp pool Bryan			

**Cardio/Strength Surprise**— In this shallow water class we will use a variety of fun exercise formats and equipment to condition our hearts and lungs, along with strength training to work specific muscle groups. Bring your bathing suit and sense of adventure!

**Warm Water Wellness**—This low impact, shallow water class will use a variety of exercise methods based upon activities of daily living to increase strength, stamina, and range of movement while solidifying our body/mind connection.

**Deep Water Wild Card**—This deep water class utilizes buoyancy belts to provide a zero impact workout that is as fun and exciting as it is challenging and gentle.

**Deeply Fit**- Athletes and beginners - take the plunge. Deep- water running and traveling guaranteed to challenge your body, core muscles , and your stamina

**Aqua Fit**- A dual depth experience offering a chance to improve overall flexibility and strength in the water - no swimming skills needed - motivational music to move and groove and make new friendships !

**Aquasize: Range of Motion**- Designed by the Arthritis Foundation. It includes flexibility and range of motion exercises. The emphasis is on soft landings and movement. The cardio aspect of this class is very limited. (mostly to keep from getting cold). Gentle warm up, exercise of several joints, and cool down.



**CORNERSTONE  
AQUATICS CENTER**

