

## Aqua Class Descriptions

**Aqua Blast:** Jump into this fun class for all levels. Enjoy a total body workout with strength, stretching, and balance using a variety of equipment and movement combinations. Class is taught in shallow end.

**Aqua Challenge:** Immerse yourself in an energizing aquatic workout crafted for seasoned swimmers. Challenge your stamina and build your strength in shallow water. Finish class with invigorating ab exercises in the deep end.

**Aqua Fitness:** An all-levels workout that focuses on muscle strengthening and endurance. Exercises may vary based on the choice of instructor and the requests of participants. Class is taught in shallow and deep ends.

**Aqua Gym:** Move to the beat as the instructor guides you through dynamic routines in the pool, keeping you active, motivated, and refreshed. Class is taught in shallow end.

**Aqua Mix:** Enjoy a blend of exercises that provide an inviting alternative to traditional land exercises. Perfect for anyone seeking a supportive and enjoyable workout. Class is taught in shallow end.

**Aqua Recess:** You won't even realize it's a workout! This class uses bodyweight exercise, noodles, and water dumbbells combined with a "splash" of kickboxing combos. Class is taught in shallow and deep ends.

**Aqua Strength:** Boost muscle strength in an engaging group setting. Enjoy a great workout while connecting with others. Class is taught in shallow end.

**Arthritis Foundation Aquatic Program:** Offered in cooperation with the Arthritis Foundation. The program focuses on exercises for range of motion. Class is taught in shallow end by a Certified Instructor.

**Aqua Zumba:** Dance your heart out! Combine the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves and music that Zumba is famous for. Class is taught in shallow end.

### REGISTRATION SCHEDULE.

Classes which REQUIRE registration are listed below. Starting for classes on the week of February 10<sup>th</sup>, registration opens seven days ahead of time at the same time class starts. See examples below. We will maintain this pattern indefinitely once we transition to the new system. Members can sign up through the front desk, new app, or through our website on the "schedules" page. This new system allows us to have a waitlist which automatically updates and sends notifications when space opens. Classes which require registration are only available to members. Guests and nationwide users can access all other aqua classes.

Class (Aqua Zumba)	Day/Time	Registration Opens	System
Aqua Zumba: Monday	9:00 am Feb 3	9:30 am Jan 27 (Tuesday)	Daxko Operations
Aqua Zumba: Monday	9:00 am Feb 10	9:00 am Feb 3 (Monday)	Website/New App

Class (Aqua Blast)	Day/Time	Registration Opens	System
Aqua Blast: Monday	10:00 am Feb 3	10:30 am Jan 27 (Tuesday)	Daxko Operations
Aqua Blast: Wednesday	10:00 am Feb 5	10:30 am Jan 29 (Wednesday)	Daxko Operations
Aqua Blast: Monday	10:00 am Feb 10	10:00 am Feb 3 (Monday)	Website/New App
Aqua Blast: Wednesday	10:00 am Feb 12	10:00 am Feb 5 (Monday)	Website/ New App