

SEPTEMBER WATER FITNESS CLASS SCHEDULE

EFFECTIVE SEPTEMBER 3RD - SEPTEMBER 27TH

Cottonwood Heights
Parks & Recreation

MONDAY

- D** 7:00-8:00am
H2O Fit **
(Lynn)
- S** 9:00-10:00am
Intervelocity **/**
(Stephanie)
- D** 10:15am-11:00am
Intervelocity **/**
(Stephanie)

TUESDAY

- D** 7:00-8:00am
H2O Fit *
(Virginia)
- S** 9:00-10:00am
Cardio Dance */**
(Michelle)
- D** 10:15am-11:00am
Cardio Pump **/**
(Michelle)

WEDNESDAY

- D** 6:00-7:00am
Cardio Power Splash */**
(Erika)
- S** 9:00-10:00am
Hydro Tone */**
(Michelle)
- D** 10:15am-11:00am
Totally Toned **
(Michelle)
- D** 11:00am-12:00pm
Deep Combo **/**
(Michelle)

THURSDAY

- D** 7:00-8:00am
H2O Fit *
(Virginia)
- S** 9:00-10:00am
Water N' Weights */**
(Charlie)
- D** 10:15am-11:00am
Water N' Weights */**
(Charlie)

FRIDAY

- D** 7:00-8:00am
H2O Fit **
(Lynn)
- S** 9:00-10:00am
Water N' Weights */**
(Charlie)
- S** 10:00am-11:00am
Cardio Splash **
(Masuda)

ONE STAR * = LOW INTENSITY

TWO STARS ** = MEDIUM INTENSITY

THREE STARS *** = HIGH INTENSITY

All classes may be modified to skill level. Please speak with the instructor before your class about any modifications

inside

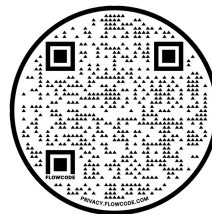
- S** SPECIALTY POOL
(SHALLOW)
- D** DIVE TANK
(DEEP)



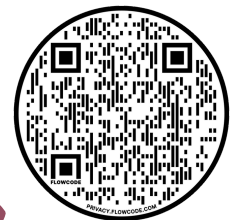
outside

- D** DIVE TANK
(DEEP)

REGISTRATION REQUIRED FOR ALL CLASSES
SCAN QR CODE WITH YOUR PHONE
TO REGISTER



WANT TO KNOW WHAT'S GOING ON WITH
AQUA FITNESS? JOIN OUR WEEKLY
NEWSLETTER LIST! SCAN THE QR CODE
TO BE ADDED



Class Descriptions

CARDIO DANCE: Fluid dance movement to transport your workout into an energizing time in the water! Aquatic training that everyone enjoys, great class for beginners!

CARDIO PUMP: Faced paced aquatic workout, utilizing equipment for strength training, toning, and stretching.

CARDIO POWER SPLASH: Use the resistance of the water to improve cardiovascular fitness, endurance, and flexibility with power moves that gets your body moving!

CARDIO SPLASH: This class is composed of cardio choreographed routines, mixing in a variety of dance forms. From salsa to kick-boxing, be ready to have fun while getting work done in the water.

DEEP COMBO: Take the plunge and challenge the water and thrashing currents of DEEP power and fun! Challenges your body, stamina, and mind.

HYDRO-TONE: This class works on improvement of flexibility, core strength, breathing and balance.

H2O FIT: Cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts provided for buoyancy.

INTERVELOCITY: aerobic activities mixed with high-energy anaerobic training. Easy to follow - challenge your workout and improve overall fitness!

TOTALLY TONED: High intensity training to target every part of your body. Be prepared to sweat, even in the pool.

WATER 'N' WEIGHTS: An intense workout which incorporates cardiovascular and strength training. Will use water bells or paddles for resistance (not actual weights). A total body workout!

AQUA FITNESS FAQ:

What are the best classes for beginners?

- Cardio Dance
- Intervelocity
- H2O Fit
- Cardio Splash

Do I need to be "fit" to attend Aqua Fitness classes?

- No! All classes are able to accommodate any fitness level, although we recommend starting with our beginner classes :)

Can I still attend classes if I am injured?

- Yes you can still attend, but we recommend discussing it with your doctor before hand to prevent further injury. All of our instructors are highly skilled and can accommodate class structure and routine for you if needed. *please inform your instructor of any injuries prior to class*

How do I check in for class?

- Please visit one of our front desks before your class begins to receive your class pass. Give these to your instructor before class starts and enjoy your workout! *if attending multiple classes in a row, please obtain ALL passes*



CLASS RATES:

PER CLASS

10 PASS

20 PASS

ULTIMATE MEMBER

NO CHARGE

PREMIUM MEMBER

\$7.00

\$63.00

\$126.00

PREMIUM MEMBER SENIOR (62+)

\$6.00

\$54.00

\$108.00

PREMIUM MEMBER YOUTH (14-17)

\$5.00

\$40.00

\$80.00

NON-MEMBER

\$8.00

\$72.00

\$144.00

NON-MEMBER SENIOR (62+)

\$7.00

\$63.00

\$126.00

NON-MEMBER YOUTH (14-17)

\$6.00

\$54.00

\$108.00

- Class sizes are limited. Please sign up ahead of time on our website www.cottonwoodheights.com
- Check-in cards can be obtained at the administrative front desks before each class begins