

Aquafit Schedule - January 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Classes	2 No Classes	3 8:15 - 9:00am Tether Louise 12:10 - 12:55pm Deep Water LeAnne NEW 6:15 - 7:00pm Aqua Unleashed Judy	4 7:35 - 8:20am Deep Water Judy 8:30 - 9:15am Deep Water Judy 9:20 - 10:05am Shallow Water Jen P. 10:15 - 12:55am As You Choose Jen P.	5 8:15 - 9:00am Tether LeAnne 12:10 - 12:55pm Deep Water LeAnne	6 8:30 - 9:15am Deep Water Helen 9:20-10:05am Shallow/Aqua Zen Helen 10:15 - 11:00am As You Choose Camilla	7 10:00 - 10:45am Aqua Variety Amanda
8 9:00 - 9:45am As You Choose Amanda	9 7:35 - 8:20am Deep Water Helen 8:30 - 9:15am Deep Water Candace 9:20 - 10:05am Shallow Jen P. 10:15 - 11:00am As You Choose Louise 12:10 - 12:55pm Deep Water Jen M.	10 8:15 - 9:00am Tether Louise 12:10 - 12:55pm Deep Water Candace NEW 6:15 - 7:00pm Aqua Unleashed Jen P.	11 7:35 - 8:20am Deep Water Judy 8:30 - 9:15am Deep Water Judy 9:20 - 10:05am Shallow Water Jen P. 10:15 - 11:00am As You Choose Jen P.	12 8:15 - 9:00am Tether LeAnne 12:10 - 12:55pm Deep Water LeAnne	13 8:30 - 9:15am Deep Water Helen 9:20-10:05am Shallow/Aqua Zen Helen 10:15 - 11:00am As You Choose Camilla	14 10:00 - 10:45am Aqua Variety Louise
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AquaFitness Descriptions

Aqua Variety

A challenging class offering a variety of formats and styles that change from week to week. May include deep water workout, Tabata, tether, interval, boot camp, circuit or shallow, Aqua Zumba® or Aqua Zen classes.

Aqua Zumba®

Splash your way into shape with an invigorating low-impact aquatic exercise. A great workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief! Please bring a pair of shoes to wear in the water for this class.

Aqua Zen

A shallow water aquafitness experience that encourages peace and vitality through a variety of movements that inspires harmony within the mind, body and spirit. This holistic, wellness-based class focuses on mindfulness and range of motion while improving balance and body awareness. Find your Zen while receiving all of the tranquility that the water has to offer.

As You Choose

Participants are free to choose to work out in the deep water wearing a flotation belt or in the shallow water with their feet on the floor. With careful attention and preparation, the instructor is able to teach to all participants.

Aqua unleashed

This high intensity workout is intended to keep your heart pumping and push you past your limits . Come join us for a blend of cardio and resistance training to improve your endurance and strength .

Deep Water Workout

Want to offer yourself a challenging cardiovascular workout? Wearing a floatation belt, you submerge yourself in the deep end of a pool for a deep water workout! While your deep water aerobics class has a low impact on your joints, it has an enormous impact on your cardiovascular system with the help of the resistance in the water! Class formats may vary between Tabata, circuit, boot camp or interval. Equipment may be used to enhance strength training and core strengthening.

Shallow Water Workout

Activate your aqua urge for exercise! This class is held in the pool's shallow end in chest-deep water so your feet are always touching the floor. Shallow water workouts improve agility, coordination, flexibility and cardiovascular endurance. Equipment may be used to develop strength and balance.

Tether Deep Water Workout

Aquafit enthusiasts will benefit from this fun cardiovascular workout in the deep water! There is a strong focus on core stability while performing deep water moves which will result in increased intensity. Participants will find themselves tethered to a lane rope with a bungee cord attached to a belt. Great for beginner to advanced!

Need More Information?

To learn more about our Aquafitness classes, visit www.calgaryjcc.com or contact **LeAnne Crane, Aquafit Coordinator** at **403-444-3176** or lcrane@cjcc.ca