

summer 2023

# AQUATICS EXERCISE

*Schedule*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday &amp; Sunday</b>
<u>8-9 AM</u> Water Workout (CiCo Waterpark)	<u>8-9 AM</u> Water Workout (CiCo Waterpark)	<u>8-9 AM</u> Water Workout (CiCo Waterpark)	<u>8-9 AM</u> Water Workout (CiCo Waterpark)	<u>8-9 AM</u> Water Workout (CiCo Waterpark)	<u>5-7 PM</u> Lap Swimming (City Waterpark)
<u>10:50-11:50 AM &amp; 11:50 AM-12:50 PM</u> River Running (City Waterpark)	<u>10:50-11:50 AM &amp; 11:50 AM-12:50 PM</u> River Running (City Waterpark)	<u>10:50-11:50 AM &amp; 11:50 AM-12:50 PM</u> River Running (City Waterpark)	<u>10:50-11:50 AM &amp; 11:50 AM-12:50 PM</u> River Running (City Waterpark)	<u>10:50-11:50 AM &amp; 11:50 AM-12:50 PM</u> River Running (City Waterpark)	
<u>11:50 AM-12:50 PM</u> Body Waves (CiCo Waterpark)	<u>11:50 AM-12:50 PM</u> Body Waves (CiCo Waterpark)	<u>11:50 AM-12:50 PM</u> Body Waves (CiCo Waterpark)	<u>11:50 AM-12:50 PM</u> Body Waves (CiCo Waterpark)	<u>11:50 AM-12:50 PM</u> Body Waves (CiCo Waterpark)	
<u>11:50 AM-12:50 PM</u> Lap Swimming (City Waterpark)	<u>11:50 AM-12:50 PM</u> Lap Swimming (City Waterpark)	<u>11:50 AM-12:50 PM</u> Lap Swimming (City Waterpark)	<u>11:50 AM-12:50 PM</u> Lap Swimming (City Waterpark)	<u>11:50 AM-12:50 PM</u> Lap Swimming (City Waterpark)	
<u>5:30-6:30 PM</u> Deep Water Aerobics (City Waterpark)	<u>5-7 PM</u> Lap Swimming (City Waterpark)	<u>5:30-6:30 PM</u> Deep Water Aerobics (City Waterpark)	<u>5-7 PM</u> Lap Swimming (City Waterpark)	<u>5:30-6:30 PM</u> Deep Water Aerobics (City Waterpark)	
<u>5-7 PM</u> Lap Swimming (City Waterpark)		<u>5-7 PM</u> Lap Swimming (City Waterpark)		<u>5-7 PM</u> Lap Swimming (City Waterpark)	

## Water Workout

Aqua aerobics that help to build muscle and boost endurance. Our low-impact, total body workout is suitable for any age and fitness level!

## River Running

Aqua aerobics held in the lazy river at City Waterpark. The river current increases the intensity of this aqua aerobics class for a total body workout. For your comfort, we suggest wearing water shoes.

## Body Waves

Noon hour aqua aerobics class that provides a total body workout with low-impact resistance. Build muscle strength and endurance all while staying cool in the pool!

## Deep Water Aerobics

Evening aqua aerobics in deep water at City Waterpark, for a complete non-weight bearing workout. Flotation belts, noodles, and water weights will be provided and available for use.

## Lap Swimming

Lap Swimming at City Waterpark in a 25 yard competition pool, provides a full-body aerobic workout. The competition pool is reserved for lap swimming and swim team use only, Monday-Friday. While having a lane to oneself is not uncommon, there are days we ask participants to share a lane when needed.