

Aqua Fitness

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am STC Nancy K.			9:30-10:30am Deep Pam	8:30-9:30am STC Nancy K.	
9:30-10:30am Comba Donna	9:30-10:30am Aerobics Pam	9:30-10:30am Combo Donna	10:45am-11:30am H.I.I.T** (45) Pam	9:30-10:30am Combo Donna	9:00am-10:00am Combo Richele/Nancy L.
11:45-12:30 Yoga** (45) Allison	7:00-8:00pm Combo Nancy L.	7:00-8:00pm Combo Richele	7:00-7:45pm Aqua Zumba Alicia		

Aerobics – A shallow water mid-impact class designed to raise the heart rate for a great cardio workout.

Combo – This class combines the medium impact of the shallow water with the buoyancy of the deep water to give you a total body workout.

Deep – An all deep class which uses the waters' 12% resistance to stretch, tone, and strengthen the muscles. This class improves core strength and muscle tone.

Stretch and Tone Combo (STC) – This class uses the principles of Pilates and yoga to improve balance, strength, and flexibility. Great for rehabilitation.

H.I.I.T. – High Intensity Interval Training in the water on the Reax Rafts. The fluid Oscillation of water unpredictably destabilizes any movement performed on the floating board. Your training turns out to be unpredictable, effective, and fun.

**Registration recommended on-line or at The Fitness Desk by call ext. 4137.

Yoga – A yoga practice on Reax Rafts that incorporates serenity of a connection with water while enhancing balance, core strength, and flexibility. **Registration recommended on-line or at The Fitness Desk by call ext. 4137.

Please contact Pam Daugherty (724) 933-1911 ext. 4108

pdaugherty@oxfordathleticclub.com

