



Bill Heddles Recreation Center
Water Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30am	Cardio Crazy Tanya		Cardio Crazy Tanya		Cardio Crazy Tanya
9:30-10:30am	Pool Power Tanya		Pool Power Tanya		Pool Power Tanya
10:00-11:00am		Light & Lively Linda		Light & Lively Linda	
10:30-11:30am	Body & Health Billie		Body & Health Billie		Body & Health Billie
11:00am-12:00pm		Splash Circuits Tanya		Splash Circuits Tanya	
5:30-6:30pm		Cardio Crazy Jodi	Deep Benefits Gayle	Cardio Crazy Tanya	

Note: Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.

Cardio Crazy: M/W/F 8:30am & T/TH 5:30pm In this class you'll be challenged with a high energy cardio workout which incorporates large muscle movements and targets joint and range of motion. A variety of equipment adds resistance to routines to gain strength and muscle toning. Fridays are a MYSTERY class for fun and enjoyment. (Intermediate)

Pool Power: M/W/F 9:30am This class is an intermediate to advanced shallow water aerobic workout that focuses on sculpting and toning those problem areas. Have fun using a variety of “ pool tools” increasing water resistance to promote muscular strength, coordination and flexibility. Socialize while doing cardiovascular and muscular endurance. Aqua shoes are recommended but not required. (Intermediate/Advanced)

Body & Health: M/W/F 10:30am Come and enjoy a unique combination of aerobic and full body workout. The class uses a variety of equipment will be used to enhance your workout. This is a great class for all ages and levels of fitness. (Beginner/Intermediate)

Light-N-Lively: T/TH 10am This class is designed for BEGINNERS to build endurance and strength in the water. The first 45 minutes of class are spent doing a low intensity aerobic and muscular workout and the last 15 minutes are spent stretchng to increase neck and shoulder range of motion. (Beginner) *on the first and third Thursdays of the month this class will be 30 min. aerobic workout and 30 min. water volley ball.

Splash Circuits: T/TH 11am Aquatic equivalent to circuits on land/gym. We will incorporate a wide range of activities and movements using a variety of equipment to target and tone specific muscle groups. Muscle group focus mixed with cardio acitviities aims at improveing your total aerobic fitness. This class is a total body workout. Water shoes are recomended and please remember to bring water to this high intensity class. (Intermediate / Advanced)

Deep Benefits: W 5:30pm Medium-High intensity, deep water workout. Flotation belts are available to assist with balance and form. This exciting class focuses on cardiovascular fitness, core strength and toning. The Deep benefits class incorporates upbeat music to erase the day's stress. This class is recommended for individuals that are comfortable in deep water. (Intermediate/Advanced)