

MAY 2011 AQUATICS CLASSES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|----------------------|--------------|---------------------------|-------------|---------------------------|-------------------------------|
| -AQUA ZUMBA AND AQUA YOGA/AI CHI/MEDITATION COMING TO TWE IN JUNE!! | | | | | | |
| 9:00am - 10:00am | | H2O Sculpt | Hydrospin 9:00-10:15am | H2O Sculpt | Hydrospin 9:00-10:15am | Mommy/Me 9:30&10am (\$) |
| 4:00pm – 8:00pm | Swim Lessons (\$) | | Swim Lessons (\$) | | | |
| 5:00pm – 6:00pm | | Aqua Workout | | AquaWorkout | | |
| 6:00pm – 7:00pm | Aquabody | Hydrospin | Aquabody | Hydrospin | | |

Aqua Workout – A one hour class in our salt water pool consisting of cardio-vascular and strength training moves. This class is designed for full body work and focuses on developing muscles for everyday living.

H2O Sculpt – Cardio-vascular / core interval workout using resistance equipment all done while listening to today’s top 40 music. Appropriate for all fitness levels.

Hydrospin – High intensity spinning class using stationary aqua bikes. Appropriate for all levels. Includes core and upper body work.

AquaBody – Whole body workout from head to toe conditioning – no prior experience necessary.