



# Water Aerobics Schedule

## Redbud Family Center



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am - 10:00am	Deep Water (Sandy)	Deep Water (Ira)	Deep Water (Chesley)	Deep Water (Virginia)	Deep Water (Sandy)	<b>PUMP H2O</b> (Rotational)
10:00am - 11:00am	Shallow Water (Sandy)	Shallow Water (Pat)	Shallow Water (Cassie)	Shallow Water (Pat)	Shallow Water (Sandy)	
5:30pm - 6:30pm	Aqua Dance (Misty)	Deep Water (Misty)		Deep Water (Misty)	Aqua Dance (Misty)	

Deep Water	Get ready to tread some water! Enjoy a variety of cardio & toning moves with this Deep Water Workout! Flotation belts available. Medium - High Intensity
Shallow Water	Shallow water class using cardio moves and water dumbbells for a full body workout without the high impact on joints. Beginners welcome! Low - Medium Intensity
Aqua Dance	A fun way to workout in the water! Dance moves combined with great choreography provide a fun and effective workout! Medium - High Intensity.
Pump H2O	Pump H2O is an aqua cardio workout that uses resistance weights, shallow & deep water training, and core strengthening to condition you to reach the next level of physical fitness you desire. This class can improve your range of motion through a low impact aerobic workout. Set your own pace. beginners are welcome! Medium to high intensity. Low - High Intensity