

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

11:00AM-12:00 PM					Aqua Pilates Tara – pool Low Impact	
12:00-1:00 PM		Aqua Aerobics Paula-pool High Impact		Aqua Aerobics Paula-pool High Impact		
1:00-2:00 PM		Aqua Toning Paula-pool Low Impact		Aqua Toning Paula-pool Low Impact		
1:30-2:30 PM	Aqua Aerobics Zac-pool High Impact		Aqua Aerobics Zac-pool High Impact			
4:15-5:15 PM		Aquacize Paula-pool		Aquacize Paula-pool		
5:15-6:15 PM		Aquacize Paula-pool		Aquacize Paula-pool		
5:30 – 6:15 PM	HiH₂O's Tara					

Aqua Aerobics- High Impact
Water aerobics benefits your body by providing 12 times the resistance of land-based classes, yet only placing 10% of the stress and strain on your body. A cardiovascular workout.

Aquacize
This class focuses on flexibility, range of motion, and strength training using pool resistance equipment.

Aqua Toning-Low Impact
An all-around workout for non-weight bearing exercises in the pool. This water class is great for building a strong heart, lung muscles, and increasing flexibility. Barbells, resistance gloves, and noodles are used.

Aqua Pilates
Adapted for the water to improve stability, balance, posture, flexibility and core strength. This class incorporates tranquil music with flowing moves and breathing techniques to promote well-being and reduce stress.

HiH₂O's
Make waves with this fun, high energy water workout. The resistance from the water makes this liquid workout feel more intense but with minimum impact on your joints and maximum benefits.

Water Aerobics Schedule Spring 2012



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