

# Water Classes Schedule 2019



- Increase your strength, flexibility and cardiovascular fitness
- Reduce the strain on your joints

## BEGINNING APRIL 2

### NEW! WATER WAKE UP

**Tuesdays & Thursdays 6 a.m.** with Alexis Penn

Start your day with an invigorating total-body workout in the pool. Hand buoys, aqua noodles, ankle cuffs and adjustable resistance paddles are incorporated.

**HYDROFABULOUS, Tuesdays 10 a.m.** with Meridan Zerner

This class has one simple equation: Water + Music + Exercise = A great way to get fit! Hydrofabulous incorporates cardio, strength and core for a complete workout.

**H2O BOOT CAMP, Saturdays 9:30 a.m.** with Alexis Penn

An athletic approach to aqua fitness with cardio drills and strength intervals using water dumbbells, noodles and kickboards.

**MUSIC WAVES, Tuesdays 5:45 p.m.** with Carolyn Martinez

Move to the beat in this high-energy cardio workout with resistance added using buoys and noodles. Enjoy popular tunes from yesterday and today hand-picked each week.

**WATER TRIFECTA, Thursdays 5:45 p.m.** with Rotha Crump

Exercise for your body—building endurance and strength—and your brain—through neuroplasticity. Balance and flexibility are also included.

## WATER WORKS

**Thursdays 10 a.m.** with Nancy Freid

**Sundays 4 p.m.** with Sheri Chambers

A refreshing aerobic workout, minus the impact. Strength and flexibility work included.

## BEGINNING MAY 1

**AQUASTRIDE, Mondays 10 a.m.** with Jill Samaniego

Challenging for all levels. Stride the length of the pool using various patterns.

**TRIPLE WAVE, Wednesdays 10 a.m.** with Marianna Clement

A fun, fast-moving class incorporating cardiovascular fitness, muscular strength and core function using water dumbbells, noodles and kickboards.

## BEGINNING JUNE 7

**HYDRO GYM, Fridays 10 a.m.** with Sheri Chambers

A heart- and muscle-pumping interval class of alternating strength and cardio exercises.

*The schedule is subject to change. See the weekly Group Class Schedule at [cooperfitnesscenter.com](http://cooperfitnesscenter.com) or pick one up at the Service Desk.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Water Wake Up 6 a.m.-Alexis		Water Wake Up 6 a.m.-Alexis			
Aquastride 10 a.m.-Jill S.	Hydrofabulous 10 a.m.-Meridan	Triple Wave 10 a.m.-Marianna	Water Works 10 a.m.-Nancy	Hydro Gym 10 a.m.-Sheri	H2O Boot Camp 9:30 a.m.-Alexis	Water Works 4 p.m.-Sheri
	Music Waves 5:45 p.m.-Carolyn		Water Trifecta 5:45 p.m.-Rotha			

All classes are 60 minutes. Classes and instructors are subject to change. Please view the up-to-date schedule at [cooperfitnesscenter.com](http://cooperfitnesscenter.com).



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