

Water Classes Schedule 2017



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

BEGINNING APRIL 1

NEW! WATER TRIFECTA Tuesdays 5:45 p.m.

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

HYDROFABULOUS Tuesdays 10 a.m.

Inspired by Australian fitness professional, Marietta Mehanni, this class has one simple equation: Water + Music + Exercise = A great way to get fit! Hydrofabulous incorporates cardio, strength, and core for a complete work out.

H2O BOOT CAMP Saturdays 9:30 a.m.

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

WATER WORKS Tuesdays 6 a.m.

Thursdays 6 a.m. | 10 a.m. | 5:45 p.m. | Sundays 4 p.m.
A refreshing aerobic workout, minus the impact. Strength and flexibility work included.

BEGINNING MAY 1

AQUASTRIDE Mondays 10 a.m.

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

TRIPLE WAVE Wednesdays 10 a.m.

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

BEGINNING JUNE 2

HYDRO GYM Fridays 10 a.m.

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 or pick one up at the Service Desk.



Cooper Fitness Center™
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Water Works 6 a.m.-Alexis		Water Works 6 a.m.-Alexis			
Aquastride 10 a.m.-Jill S.	Hydrofabulous 10 a.m.-Michelle M.	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.-Amanda	Water Works 4 p.m.-Sheri
	Water Trifecta 5:45 p.m.-Rotha		Water Works 5:45 p.m.-Nancy			

All classes are 60 minutes. Classes and instructors are subject to change. Please view the up-to-date schedule at cooperfitnesscenter.com.