

Water Classes Schedule 2018



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

BEGINNING APRIL 1

NEW! 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.

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.

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.

The schedule is subject to change. See the weekly Group Class Schedule at cooperfitnesscenter.com or pick one up at the Service Desk.

WATER WORKS

Tuesdays & Thursdays 6 a.m. with Alexis Penn

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 2

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 1

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

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

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.-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.