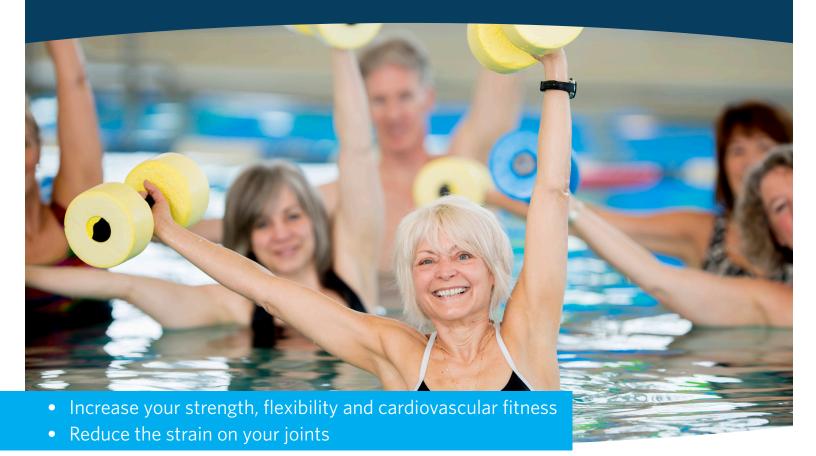
# Water Classes Schedule 2017



## **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.

## **H20 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 cooperfitnessscenter.com or pick one up at the Service Desk.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Water Works 6 a.mAlexis		Water Works 6 a.mAlexis		H2O Boot Camp 9:30 a.mAmanda	Water Works 4 p.mSheri
Aquastride 10 a.mJill S.	Hydrofabulous 10 a.mMichelle M.	Triple Wave 10 a.mMarianna	Water Works 10 a.mNancy	Hydro Gym 10 a.mSheri		
	Water Trifecta 5:45 p.mRotha		Water Works 5:45 p.mNancy			