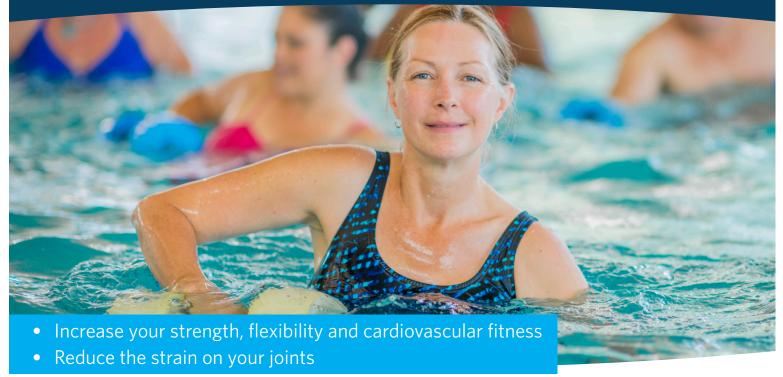
Water Classes Schedule 2019



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 cooperfitnessscenter.com or pick one up at the Service Desk.

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

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

