



AQUATIC CLASSES July 2018

(Updated 7/11/2018)

	Essex Morse Drive 879-7734	South Burlington Eastwood Drive* 658-0002	Williston Wellness Drive 860-3343
M	8:30 am Just My Speed Nicki 10:00 am Aqua Fit Nancy 11:30 am Arthritis Nancy 5:30 pm Aqua Fit Stephanie	9:00 am Cardio Surge Manon 10:15 am Just My Speed (45 min) Manon 5:30 pm Cardio Surge Cindy	10:00 am Cardio Surge(cp) KC 11:00am Cardio Splash (pp) KC
Tu	5:30 am Cup of Joe Shanna 11:30 am Arthritis Meg (July 17 & 24 only) 12:30 pm Liquid Tai chi Cat	9:00 am Innovative Edge Mary Jean	
W	8:30 am Aqua EDGE (E2) Linda 8:30 am Aquatic Body Conditioning Nicki 10:00 am Aqua Fit Nancy 11:30 am Arthritis Nancy 5:30 pm Cardio Combo Stephanie	9:00 am Aqua Power Elzy 10:15 am Just My Speed (45 min) Elzy 5:30 pm Cardio Combo Cindy	11:00 am Arthritis Plus (pp) Josette
Th	5:30 am Cup of Joe Shanna 11:30 am Arthritis Nancy 12:30 pm Liquid Tai chi Carol 5:30 pm Cardio Surge (E2) Makeey	9:00 am Cardio Surge Manon (July 19 & 26 only)	11:00 am Arthritis Plus (pp) Josette
F	8:30 am Aquatic Body Conditioning Linda 10:00 am Aqua Fit Nancy	9:00 am Aqua Power Megan 10:15 am Just My Speed (45 min) Mary Jean	10:00am Innovative Edge(cp) KC 11:00 am Cardio Splash(pp) KC
S	8:15 am Cardio Combo Stephanie	9:00 am Cardio Surge Cindy/Manon	
Su	2:00pm Aqua Fit (E2) Makeey	9:00 am Aqua Zumba Lynn	

Williston: PP = Program Pool, CP = Competition Pool.
 Essex: all classes held at E1 Morse Dr. pool unless otherwise noted. E2= Gauthier Drive Pool

***UPDATED 7/11/2018**

COOL WATER CLASSES

(Pool temperatures range from 81-85 degrees)

Aqua Zumba Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party" integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Cardio Surge – A fast-paced aquatic workout with interval training, plyometrics and power moves. Use the resistance of the water to improve cardiovascular fitness, endurance, strength and flexibility. Be prepared to sweat, even in the water.

Innovative Edge - Powerful, low impact moves to get your heart working in the cardio segment, then strengthen muscles with a variety of tools and improve balance and coordination for a well-rounded workout.

WARM WATER CLASSES

(Pool temperatures range from 90-92 degrees)

Aqua Fit – Get an awesome workout without all of the jumping. Impact lowered exercises in the pool provide a fun yet challenging workout for all levels.

Arthritis/Arthritis Plus – Designed for many types of rheumatic diseases and joint conditions. Gentle movements in the water that target range of motion, core strength, flexibility and balance. Arthritis Plus includes some low impact movements for advanced participants. Swim skills not needed. Club and pool are handicap accessible. **Free for members, \$35/month for non-members.**

CardioSplash – Feel the surge of power in the water. This class combines low intensity cardiovascular exercises with body sculpting equipment. Pool noodles and dumbbells are utilized to target all muscle groups.

Cup of Joe- This early morning class is geared towards active seniors, athletes recovering from injuries, expecting mothers, and members looking to boost their overall fitness in a low-to-no impact environment. Start with power-walking for strength, transition to a rebounding cardio workout and end with abdominal exercises focusing on balance, strength, and flexibility. Rehabbing runners are welcome and can run in the water throughout the class.

Just My Speed –Low intensity, low impact moves followed by stretching and toning make this class perfect for beginners, mom's to be, and seniors. Leave feeling refreshed, stretched and energized.

Liquid Tai Chi – Combine the beautiful, flowing movements of Tai Chi with the resistive and relaxing properties of warm water. Perfect for all fitness levels who are looking for toning and increased flexibility. **Free for members; non-members \$25/month.**

Participants must shower before entering the pool.

Water shoes are strongly recommended for all classes to prevent slipping and provide needed support.

Check out our website at www.edgevt.com



reserves the right to substitute instructors without prior notice and to cancel classes due to lack of participation. Schedules are subject to change monthly