








# AQUATIC CLASSES DECEMBER 2019

|           |  <b>Essex</b><br>Morse Drive<br>879-7734  | <b>South Burlington</b><br>Eastwood Drive<br>658-0002  | <b>Williston*</b><br>Wellness Drive<br>860-3343  |
|-----------|---|--|--|
| <b>M</b>  | <b>10:00 am</b> Aqua Fit Nancy<br><b>11:00 am</b> Water Walking (30 min) Nancy<br><b>11:30 am</b> Arthritis Nancy<br><b>5:30 pm</b> Aqua Fit Stephanie                              | <b>10:00 am</b>  Betsy<br><b>5:30 pm</b> Cardio Surge Cindy            |  |
| <b>Tu</b> |   | <b>9:00 am</b> Just My Speed Mary Jean<br><b>5:30 pm</b> Aqua Zumba Lynn   | <b>11:00 am</b> Arthritis (pp) Sally   |
| <b>W</b>  | <b>8:00 am</b> Aqua Fit Nicki<br><b>8:30 am</b> Aqua EDGE (E2) Linda<br><b>10:00 am</b> Aqua Fit Nancy<br><b>11:30 am</b> Arthritis Nancy<br><b>5:30 pm</b> Aqua Zumba (E2) Mikayla | <b>9:00 am</b>  Jessy<br><b>5:30 pm</b> Cardio Surge Cindy            | <b>9:00 am</b> Cardio Surge (cp) KC<br><b>10:00 am</b> Cardio Splash (pp) KC<br><b>11:00 am</b> Arthritis (pp) Josette |
| <b>Th</b> | <b>11:30 am</b> Joints & More Carol L.<br><b>12:30 pm</b> Liquid Tai chi Carol L.<br><b>5:30 pm</b> Cardio Surge (E2) Makeey  | <b>9:00 am</b>  (45 min) Dianne<br><b>5:30 pm</b> Aqua Zumba Mikayla | <b>11:00 am</b> Arthritis (pp) Josette   |
| <b>F</b>  | <b>8:30 am</b> Aqua Fit Linda<br><b>10:00 am</b> Water Walking Nancy  | <b>10:00 am</b>  Betsy   | <b>9:00am</b> Cardio Surge (cp) KC<br><b>10:00am</b> Cardio Splash (pp) KC   |
| <b>S</b>  |   | <b>9:00 am</b> Cardio Surge Cindy/tba  |  |
| <b>Su</b> | <b>2:00pm</b> Aqua Fit (E2) Makeey  |  |  |

Williston: PP = Program Pool, CP = Competition Pool.

Essex: all classes held at E1 Morse Dr. pool unless otherwise noted. E2= Gauthier Drive Pool

Classes are 55 min unless otherwise noted.

**COOL WATER CLASSES** (these classes are held at E2, SB, and the CP pool in Williston) (Pool temperatures range from 81-85 degrees)

**WARM WATER CLASSES** (these classes are held at E1 and the PP in Williston) (Pool temperatures range from 90-92 degrees)

**water@motion** the newest aqua exercise workout that provides low impact, high-energy Challenge for participants of all ages, skill and fitness levels. Jump Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the whole body.

**Platinum** a low impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. Class is 45 minutes.

**Aqua EDGE** – This fast paced water class provides a great cardiovascular workout to the latest music. It will challenge participants at every level, from beginner to experienced participant. Use of an AquaStep is optional. This class is held in the competition pool at E2 on Gauthier Drive .

**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.

**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**– 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. . Swim skills not needed. Club and pool are handicap accessible. **Free for members, \$35/month for non-members.**

**Joints & More – NEW!**- Focus will be similar to the arthritis class but will add variations which may include use of equipment and low impact moves. Class is appropriate for all types of joint conditions or for participants with limited mobility, those pre or post joint replacement surgery, etc. Those with an arthritis only membership are welcome to attend.


**Cardio Splash** – 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.

**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. **Those with an arthritis only membership are welcome to attend.**

**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](http://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