



RIVERSIDE AQUA CLASS SCHEDULE FEBRUARY 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	 CHERI	 DENA	 DENA	Aqua Fitness ANJA	Aqua Fitness LISA	Aqua Zumba KATHY	
10:15 AM	Young@Heart AQUA CAROLINE		(10:30am)  CHERI		Young@Heart AQUA TBD		
11:15 AM	High NRG Interval Aqua KJERSTIN						
6:00 PM	Aqua Fitness BONNIE		Aqua Fitness BONNIE				

- Members are required to sign-up for all classes.
- Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.
- For Safety purposes, classes are closed 10 minutes after their scheduled start time.
- Two Lap Lanes will remain up at all times.

Class Descriptions

Aqua Fitness: A moderate to high intensity workout utilizing the natural resistance of water. Designed to improve cardiovascular fitness, muscular strength & endurance. **BIAS**

Aqua Zumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. **BIS**

High NRG (Energy) Aqua Fitness: High intensity and low intensity segments, using the natural resistance of water including levels 1, 2 and 3 with rebound movements. This class is designed to improve cardiovascular fitness, muscular strength and endurance. Recommended for cross training. **IA**

High NRG Interval Aqua: High intensity and low intensity segments and intervals, mixed with tabata and aqua boxing. **IA**

Splash (BS) – This class is designed to increase agility, range of movement and cardio endurance. **BS**

Water in Motion®: the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels, Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. **BIAS**

Young@Heart Aqua: Designed to increase agility, range of movement and cardio endurance. **BS**

B-Beginner, **I**-Intermediate, **A**-Advanced, **S**-Senior

**6210 Riverside Plaza Ln NW
Albuquerque, NM 87120**

(505) 899-0086 Get in the know. Please download our APP for the most current class times.