

October	Club One	Aqua	Aerobics	Schedule		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Pool Hours of Operation; M-F 5:30am-8pm Sat/Sun 7:30am-4pm</i>	<i>**SCHEDULE IS SUBJECT TO CHANGE</i>	<i>1 10-10:45am Aqua Fit Sherry 5:30-6:15pm Aqua Fit & Barre w/ Ashley Snappers Practice 5:30-7:30</i>	<i>2 10am Aqua Fit w/Kristie Snappers Practice 5:30-7:30</i>	<i>3 10-10:45am Deep Water Running w/T 5:30pm Aqua Fit w/Ashley Snappers Practice 5:30-7:30</i>	<i>4 10-10:45am HiiT the Water w/Christin Spirit Swim Clinic Fundraiser 7-8pm</i>	<i>5 8am Hydro Spin w/Steve</i>
<i>6 9am Deep Water Running w/Steve</i>	<i>7 10am Hiit The Water Christin 5:30-6:15pm Aqua Fit w/Brenda</i>	<i>8 10-10:45am Aqua Fit Sherry 5:30-6:15pm Aqua Fit & Barre w/Christin Snappers Practice 5:30-7:30</i>	<i>9 10am Aqua Fit w/Kelli Snappers Practice 5:30-7:30</i>	<i>10 10-10:45am Deep Water Running w/Sherry 5:30pm Aqua Fit w/Heather Snappers Practice 5:30-7:30</i>	<i>11 10-10:45am HiiT the Water w/Kristie</i>	<i>12 8am Hydro Spin w/Steve</i>
<i>13 9am Deep Water Running w/ Steve</i>	<i>14 10am Hiit The Water Christin 5:30-6:15pm Aqua Fit w/Brenda Pool Volleyball Night! 6:30-8pm</i>	<i>15 10-10:45am Aqua Fit w/Sherry 5:30-6:15pm Aqua Fit & Barre w/ Christin Snappers Practice 5:30-7:30</i>	<i>16 10am Aqua Fit w/Kristie Snappers Practice 5:30-7:30</i>	<i>17 10-10:45am Deep Water Running w/T 5:30pm Aqua Fit w/Heather Snappers Practice 5:30-7:30</i>	<i>18 10-10:45am HiiT the Water w/Kristie WIBIT EVENT 1-4PM Spirit Swim Clinic Fundraiser 7-8pm</i>	<i>19 8am Hydro Spin w /Steve</i>
<i>20 9am Deep Water Running w/ T</i>	<i>21 10am Hiit The Water Linda 5:30-6:15pm Aqua Fit w/Ashley</i>	<i>22 10-10:45am Aqua Fit Sherry 5:30-6:15pm Aqua Fit w/Steve Snappers Practice 5:30-7:30</i>	<i>23 10am Aqua Fit w/Kelli Snappers Practice 5:30-7:30</i>	<i>24 10-10:45am Deep Water Running w/Sherry 5:30pm Aqua Fit w/Ashley Snappers Practice 5:30-7:30</i>	<i>25 10-10:45am Hiit the Water w/Brenda</i>	<i>26 8am Hydro spin w/Brenda</i>
<i>27 9am Deep Water Running w/Steve</i>	<i>28 10am Hiit The Water Christin 5:30-6:15pm Aqua Fit Ashley</i>	<i>29 10-10:45am Aqua Fit Sherry 5:30-6:15pm Aqua Fit w/Steve Snappers Practice 5:30-7:30</i>	<i>30 10am Aqua Fit w/Kristie Snappers Practice 5:30-7:30</i>	<i>31 10-10:45am Deep Water Running w/T No evening class Happy Halloween!</i>		AQUA CLASSES INCLUDED WITH ALL MEMBERSHIPS!

AQUA AEROBICS

Aqua Fit: *Aerobics meets attitude- Intense workout in the water including power drills, speed bursts and strength exercises.*

Making Waves: *High energy cardio & strength workout in the water! Improve Cardio, muscle strength, endurance, flexibility all with minimal stress on joints & NO Impact!*

Belly Up to the Pool Barre: *This Barre class takes place in the pool! Combines Pilates, yoga, & Ballet moves to give you beautiful, sculpted, lean muscles – with NO impact!*

Hydrospin: *Cycling under water on our Hydrospin Bikes...*

Deep Water Running: *Utilizing flotation devices to get run utilizing minimal impact, stride technique, great cardio workout, core engagement, & good for rehab training.*

Hiit the Water: *Intervals of Muscle Conditioning & Cardio to strengthen your muscles & your heart!*

Aqua Dance: *Join in the fun! Work your entire body while you move to the beat of the music! We will incorporate a variety of musical genres to get everyone moving and grooving...*

Hydro Blast: *Ready. S.E.T. Go H2O! Strength. Endurance. Training. This class combines a mix of high intensity cardio with the benefits of weight & resistance training, along with core training segments, that will give you a full body workout with minimum joint impact. Weights, shallow end exercises, deep water exercises & some deck movement are all incorporated. Get ready! Get set! Let's go!!! Water shoes & goggles recommended, but definitely not required.*