

Total Fitness Connection - Russellville Road Facility

Group Aquatic Schedule

October, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
8:30 am	Hydro Groove Anna	Aqua Zumba® Linda NEW DAY!	Aqua Fit Rachel	H2O Cardio Anna NEW DAY!	Wet Work Anna	
9:00 am						Saturday Splash Anna <i>10/1 will be a deep water class!</i> No class on 10/15
9:30 am	Senior H2O Anna		Senior H2O Daphne		Senior H2O Rachel	
Evening Classes						
5:30 pm	Aqua Zumba® Anna	Aqua Cross & Kick Rachel		Wet Work Melissa B.		

***All classes, times & instructors subject to change and/or cancellation.

Class Descriptions

Hydro Groove - Are you ready to dance? Whether you are 18 or 80 this class is for you. Come for a fun dance-inspired workout that goes by fast! If you love Aqua Zumba®, then you'll love this workout!! Suitable for all levels.

Aqua Fit - This 60 minute class offers a high intensity/low impact workout that will get your heart rate up and work your muscles. The cardio segments are shorter intervals of work, getting your heart rate up and then bringing it down with some resistance training. This class is recommended for all levels.

Aqua Cross and Kick - This class uses interval periods of cardio kickboxing and toning to give you a great total body workout. You won't get bored because you won't be doing this same thing for very long. It's high on energy and long on results. There's lots of variety and even more fun. This class is suitable for all levels.

Aqua Zumba® - This is not your grandma's water class! This class blends latin rhythms with aquatic exercise for a great workout experience! Come and give it a try. It's an experience you won't forget. Suitable to ALL LEVELS.

H2O Cardio - If you love cardio then this is the class for you. Come and get your heart rate up as you move through various water exercises to some great music. The format may be different for each class, but you are guaranteed a great workout. We may even throw in some resistance training at the end. Suitable for all levels.

Saturday Splash - This is a one hour class full of variety. Each week one of the TFC Aqua instructors will take you through a vigorous water workout. Be prepared - it may be cardio intervals, cardio and strength intervals, or long-slow heart pumping cardio. The beauty of this class is the variety! Come and try it out! Appropriate for all levels.

Senior H2O - Don't let the name fool you - this is a hard core workout! Come enjoy this low impact workout with a mature group of folks! This class combines cardio and toning for a total body workout designed for seniors. It's a great opportunity to get your body in shape and make some great friends! This class is appropriate for all levels.

Wet Work - Stretch out, warm up and then be prepared to "sweat wet" while you work in the water with a variety of fun power strengthening moves mixed with creative cardio. Finish with a calming cool down and that's "working it wet". Suitable to ALL LEVELS.

Transform you body - Find your potential - Change your life