

AQUA FITNESS CLASSES

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Deep Water Power Hour		AquaTude		
8:00 AM						Saturday Splash
9:00 AM	Aqua Tone		Aqua Tone		AquaTude	
10:00 AM		FUNctional Fitness		FUNctional Fitness	FUNctional Fitness	
11:30 AM	Warm Water Workout**		Warm Water Workout**			
1:30 PM		Warm Water Workout**		Warm Water Workout**		
5:30 PM	Aqua Pump		Deep Water Power Hour			

**Class will meet in the Indoor Therapy Pool.

AQUA FITNESS CLASS DESCRIPTIONS

Aqua Pump

A FUN total body work out with stretches, warm up, ab work, strength training, cardio work, and deep water work. Includes some plyometrics. All age groups. Best for persons without orthopedic complications who want a high energy workout.

FUNctional Fitness

Full body workout containing warm-up, 10-15 minutes of aerobic level work, strength training, core and leg workout, cool down, stretching, and balance building movements. Recommended for those over 50 and those compromised by injury.

CONTINUED ON REVERSE SIDE

302-239-6688

www.hachealthclub.com

HOCKESSIN
ATHLETIC CLUB



Eff: 9/6/2011

Saturday Splash

Bump up your fun and fitness with a class that includes a little of everything - warm up, water walking, aerobics, conditioning, cool down and some easy. Ideal for all ages.

Deep Water Power Hour

Challenge your fitness with an hour of suspended exercise using a flotation belt, hand buoys and noodles. Ideal for increasing balance, coordination and aerobic fitness. For teens and adults. Water depth up to 8 feet.

Aqua Tone

Full body workout containing warm-up, 10-15 minutes of aerobic level work, strength training, core and leg workout, cool down, stretching, and balance building movements. Best for persons without orthopedic complications who want a high energy workout.

Aqua Tude

A FUN total body workout with stretches, warm up, abs work, strength training, cardio work, and deep water work. Includes some plyometrics. Best for persons without orthopedic complications who want a high energy workout.

Warm Water Workout

Enjoy the warm water of our Therapy Pool while stretching your muscles and giving your joints a workout. Recommended for those compromised by injury or illness such as arthritis and fibromyalgia.

For More Information

If you have any questions, please contact the Aquatics Department at 302-239-6688 x 149 or email aquatics at aquatics@hachealthclub.com.