

Health Fitness Aquatic Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:50 a.m.	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness
8:00-8:40 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
9:00-10:00 a.m.	Open Swim	Aqua Zumba® (9:15-9:45)	Open Swim	Open Swim	Open Swim	CLOSED
10:00-10:30 a.m.	Wet Hair Fitness		Aqua Circuit		Wata Tabata	
10:00-10:50 a.m.		Aqua Fitness		Aqua Fitness		Aqua Fitness
11:00-11:40 a.m.	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	Aqua Arthritis	CLOSED
12:00-1:00 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
1:00-2:00 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
2:00-2:50 p.m.	Aqua Zen (2:00-2:40)	Aqua Fitness	Aqua Zen (2:00-2:40)	Aqua Fitness	Aqua Fitness	
3:00-4:00 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
4:00-5:00 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED	
5:00-5:50 p.m.	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	CLOSED	

Please bring your own towel and shower before getting in the pool.

Register for classes through Club Automation or call the front desk at 319-768-4191.

Class descriptions and fitness levels are on the back.

Class Name	Class Descriptions	Fitness Level
Aqua Arthritis	This class is designed to maintain normal joint movement, restore flexibility, and reduce pain associated with all forms of arthritis. It is held in our warm therapy pool, which aids in relieving muscle tension and soreness. No equipment is needed.	Low Impact
Aqua Fitness	A fast-paced class that will get your heart pumping and your hair wet! Dumbbells, noodles, wall work, and jumping will help build your endurance.	All
Aqua Zen	This is a low-intensity class that focuses on breath control, balance, and body awareness. If you are seeking a gentle class to challenge your body and focus on your mind, this one is for you. No equipment is needed.	Low Impact
Aqua Zumba®	This is for those looking to make a big splash by adding high energy. Come dance to Latin-infused rhythms and easy-to-follow moves.	All
Wet Hair Fitness	Splash your way into a fun and energetic workout experience. This unique aquatic class is all about making waves. You will be churning the pool up with a variety of high-energy movements designed to take your workouts to the next level	All
Aqua Circuit	In each class, you will rotate through a series of stations that utilize the buoyancy and resistance of water. From strength-building moves using a variety of foam weights and high-energy cardio bursts, every class will keep you moving and motivated.	All
Wata Tabata	This high-energy class combines the benefits of interval training with low low-impact environment of the pool. Using Tabata principles, you will engage in short bursts of intense exercise followed by brief recovery periods.	All
Open Swim	This is a great time to walk, aqua jog, or sit by our whirlpool jets. Instructors are always present for safety.	All