



November 2019 WATER FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.	Aqua Fit Cardio Carol	Deep Water Linda	Aqua Fit Cardio Carol	H2O HIIT FIT Nancy	Aqua Fit Cardio Linda	
8:30 a.m.						Cardio Linda
9 a.m.	A.A.P. Carol	Multi-Level Water Exercise Ruth	A.A.P. Carol	Cardio Linda	A.A.P. Linda	
9:30 a.m.						H2O HIIT FIT Nancy
10 a.m.	MX IT UP Judith	Aqua Tabata Sarah	H2OX Cardio Core Judith	Aqua Tabata Sarah	SilverSneakers® Splash Judith	
10:30 a.m.						Aqua Tabata Sarah
11 a.m.	SilverSneakers® Splash Sarah		Cardio Sarah	SilverSneakers® Splash Sarah	JOYnts In Motion Judith	
NOON	H.I.I.T. Linda			Aqua Zumba Felix		
5:30 p.m.	Cardio Nancy			Cardio Flow Nancy		

****James City County Recreation Center wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are emailed to participants who provide a valid email address, and are also available at the Center Front Desk, online and are posted by the aerobic studio. For the complete description of all land and aquatic class offerings, please visit our website at <http://www.jamescitycountyva.gov/2673/Aquatics>**

WATER FITNESS CLASS DESCRIPTIONS

Multi-Level Water Exercise

A variety of stretching, toning and cardio exercises designed so everyone can work to their ability and improve Activities of Daily Living. Progressions and alternatives are offered. Try different moves and keep your body toned and burn calories while having fun. Includes targets exercises for hips, shoulders, knees and core.

H2OX Cardio Core

You'll begin your workout with warm-up exercises and progress to cardio/core movements to strengthen the body inside and out. Your core is everything from your ribs to your hips: your abs, obliques, and low back are all technically part of your core! Various pieces of aquatic equipment will be used and plenty of encouragement will be given throughout this workout. A cool down to bring your heart rate back down will end the workout. Take time to work your body, build strength, and burn calories. Suitable for all fitness levels. Aqua shoes for safety and support and water deck side recommended.

ARTHRITIS AQUATIC PROGRAM (A.A.P.)

Arthritis Water Exercise provides an environment for relieving arthritis pain and stiffness, and improving range of movement of joints affected by arthritis in soothing warm water. Water supports joints, lessens stress, allows free movement and provides mild resistance to build muscle strength.

Participants perform range-of-motion, strengthening and aerobic exercise.

CARDIO

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility and of course, core. This is an overall body workout that will help increase your endurance, improve balance and leave you with a feeling of good health.

AQUA ZUMBA

Do you love to move to the music? Want to move to the beat in the pool for a spirited exercise that leaves you smiling ear-to-ear? AQUA DANCE is the class for you. ZUMBA is a fun, energetic class that fuses Latin rhythms and easy to follow moves. Now, AQUA DANCE adds all the benefits of aquatic exercise to a *variety* of dance workouts. AQUA DANCE embraces the rhythms and movements of a variety of upbeat musical styles for fun and energizing workouts. Anyone can join AQUA DANCE. No dance background necessary-just the willingness to move and have fun. Routines feature dynamic rhythms and easy-to-learn steps that'll get you moving right away. In minutes you'll be moving to the beat and having a blast.

AQUA FIT CARDIO

Rev up your day with a dynamic cardio workout without the joint stress. This class offers a cardio endurance and strength workout suitable for all fitness levels. No swim skills needed.

JOYNTS IN MOTION

Put JOY back in movement with flex, stretch and range of motion exercises. Stand Fit for better posture, balance, breathing and strength. Standing fit. Helps us Breathe Better. When we breathe better we stimulate our metabolism and are also able to burn calories faster. Uses More Calories. Standing up straight will burn more calories a day. Not only because you are building muscle but because you are using more energy. Builds Strength. Standing up straight on a regular basis builds muscle & strength, specifically core muscles which are your abdomen and back. Sheds 10 Pounds Instantly. When we slouch we look heavier than we really are. Good posture forces us to pull everything up and in and we look thinner. Suitable for all fitness levels.

SPLASH / SilverSneakers®

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

H2O - HIIT FIT

Rev up your heart rate with High Intensity Interval Training which will improve your stamina, torch calories and leave you feeling exhilarated.

MX IT UP

The "complete" water fitness workout! High energy, low impact class combining cardio/core, dance, strength and stretching, YOGA/PILATES that moves to the music. A one hour aqua workout that benefits body and mind.

H.I.I.T.

If you're looking to increase your heart rate, endurance, tone and strengthen, then this class is for you. This class will combine cardio and fat burning exercises to give you a full body workout.

CARDIO FLOW

Sync your mind with your muscles in this combo class that blends bursts of cardio activity with yoga, tai chi and other soothing stretches.

AQUA TABATA

Tabata interval exercises are one of the most effective types of interval training. Working out in the water is one of the most therapeutic activities you can enjoy. Mixing this format with the water through a variety of exercises, allows you to blast away calories and increase your strength, balance, and cardio each class. The moves are very similar to the moves in other water aerobics classes. Jogging, jumping jacks, pendulums – just to name a few. The water offers added resistance to the workout while making Tabata safer to be performed by people of all ages and fitness levels because it is easy on the joints. Music pushes you through the 20 seconds on, 10 seconds off intervals to boost your metabolism. It's the perfect high-intensity workout for both fitness and weight-loss benefits for ALL fitness levels + time flies!

DEEP WATER

Using a suspension belt takes the **stress** off the joints. This workout combines cardio, toning and stretching.

JAMES CITY COUNTY RECREATION CENTER PHONE: 757-259-4200

For access to land and aquatic classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk.
\$55; \$50 for JC/W residents - one month unlimited - **with no facility pass**

- \$30 a month for unlimited classes - **1, 3, 6 and 12 month facility pass holders. Excludes Daily Access Passes.**
- \$60; \$55 for JC/W residents - 10 Tab wristband/ no expiration date (10 classes), **no facility pass required**