

# AquaFit Unlimited

Classes held at RecPlex



Purchase a single month or recurring membership and come to all the classes we offer!  
Lap Swim included in AquaFit Unlimited membership!



## Low Intensity

**Arthritis** Loosen your limbs, relax and find comfort while exercising in the soothing waters. Use the resistance of the water to enhance your body's flexibility & overall wellbeing.

**Aquabata Light** A shallow water class using High Intensity Interval Training (HIIT), including the Tabata format. This class is a lower intensity class from our Aquabata offering, loosen your limbs and joints to increase cardiovascular fitness, strength & flexibility.

**Aqua Yoga** Relaxing aquatic exercise that allows focus on balance and strength using traditional yoga poses in the water.

**Aqua Barre** This low impact class is designed to enhance coordination, core strength and stability while leveraging the natural resistance of the water. With the addition of long lever movements participants can improve their range of motion reducing the risk of injury.

## Medium Intensity

**Aquabata** This shallow water class takes advantage of the latest trend in fitness to deliver the next level of training to your aquatic exercise. High Intensity Interval Training (HIIT), including the specialized Tabata format, transitions into the water with high-powered results.

**Aquabata Deep** A deep water version of Aquabata which provides a zero impact workout.

**Ease** Increase cardiovascular fitness, strength & flexibility. The water provides high-resistance, yet low impact environment that challenges you while toning your body and strengthening your heart.

**Jog** This no-impact aerobics workout is a blend of cardio and resistance training, incorporating water weights and noodles.

## High Intensity

**Power** This popular mild-impact routine includes aerobics, strengthening & toning exercises. Focused on bringing up your heart rate with cardio and strength exercises often using pool resistance equipment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 AM <b>Aqua Yoga</b> Instructor Kraig	9:00-10:00 AM <b>Power</b> Instructor Dena	9:00-9:45 AM <b>Ease</b> Instructor Dena	9:00-10:00 AM <b>Power</b> Instructor Dena	9:00-10:00 AM <b>Jog</b> Instructor Loree/Kearin
9:00-10:00 AM <b>Jog</b> Instructor Kearin	10:15-11:00 AM <b>Aquabata</b> Instructor Dena	9:00-10:00 AM <b>Jog</b> Instructor Kearin	10:15-11:00 AM <b>Aquabata Deep</b> Instructor Dena	9:00-9:45 AM <b>Aqua Barre</b> Instructor Kraig
10:15-11:15 AM <b>Arthritis</b> Instructor Loree	<i>Evening Option</i> 6:45-7:30 PM <b>Instructors Choice</b> Instructor Dena	10:00-10:45 AM <b>Aquabata Light</b> Instructor Dena	10:15-11:15 AM <b>Arthritis</b> Instructor Loree	10:00-10:45 AM <b>Aqua Yoga</b> Instructor Kraig

Single Class-Fee \$10  
Recurring Membership **R \$60 NR \$70**  
Single Month Fee **R \$70 NR \$80**

**Instructor's Choice Pop-Ups**  
Saturday, 9:00-10:00 AM  
Nov. 9, Nov. 23, Dec. 7 & Dec. 21  
Instructor Dena

**Ease/Jog Combo Pop-Ups**  
Friday, 7:30-8:30 PM  
Nov. 15 & Dec. 13  
Instructor Loree

