

Aqua Aerobics

Fall/Winter 2018-2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am* STC Nancy K.				8:30-9:30am* STC Nancy K.	
9:30-10:30am Comba Donna	9:30-10:30am Aerobics Pam	9:30-10:30am Combo Donna	9:30-10:30am Deep Pam	9:30-10:30am Combo Donna	9:00am-10:00am Combo Richele/Nancy L.
	7:00-8:00pm Combo Nancy L.	7:00-8:00pm Combo Richele	7:00-8:00pm Combo Nancy L. *last class 11/8		
			7:00-7:45pm Aqua Zumba® Denise *new format first class 11-15		

Aerobics – A shallow water mid-impact class designed to raise the heart rate for a great cardio workout.

Combo – This class combines the medium impact of the shallow water with the buoyancy of the deep water to give you a total body workout.

Deep – An all deep class which uses the waters' 12% resistance to stretch, tone, and strengthen the muscles. This class improves core strength and muscle tone.

Stretch and Tone Combo(STC) – This class uses the principles of Pilates and yoga to improve balance, strength, and flexibility. Great for rehabilitation.

Aqua Zumba® – combines the traditional elements of aqua aerobics classes with the upbeat Latin infused dance moves and music for which Zumba® is famous.

Please contact Pam Daugherty (724) 933-1911 ext. 4108

pdaugherty@oxfordathleticclub.com

