

CCAC Water Aerobic Schedule

November 2024

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00AM	X	X	9:00AM Arthritis Therapy Kim	Shallow Water Cheryl	X	X
10:00-10:45AM	Shallow Water Kim	Shallow Water Cheryl	Shallow Water Cheryl	**NEW CLASS** Aqua H.I.I.T Jennifer (High-Intensity Interval Training)	Shallow Water Cheryl	X
11:00AM-11:45AM	Deep Water Kim	Deep Water Cheryl	Deep Water Cheryl	Deep Water Jennifer	Deep Water Cheryl	X
5:45-6:30PM	Shallow Water Yanet	Shallow Water Yanet	X	Shallow Water Yanet	X	X
6:45-7:30PM	X	Deep Water Yanet	Deep Water Yanet	X	X	X

Water Aerobics classes are perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Exercising in water provides a supportive environment for your body. The buoyancy of the water reduces your weight on impact, resulting in much less strain on your muscles and joints. This makes water aerobics a good choice for all ages, swimmers and/or non-swimmers, and all fitness levels from the beginner to the elite athlete. **Participants must be 16 years or older.**

Water Aerobics Class Descriptions

Deep Water Aerobics*

Prepare yourself for the ultimate "No Impact" workout. We will use selected flotation devices for suspension in deep water and create a challenging aerobic interval workout using adaptations: jogging, cross-country skiing, bicycling, and kicking. Expect powerful moves and full range of motion to improve your strength, cardiovascular fitness, and flexibility. Participants must be comfortable in deeper and cooler water (78-80 degree pool).

Shallow Water Aerobics

This shallow water workout includes calisthenics style movements with variations of upper and lower body resistance moves. You will march, jog, kick, and jump your way through the water to improve and maintain cardiovascular fitness, muscular endurance, and flexibility. Each instructor uses creativity to keep the pace moving and the activities interesting. As the participant, you determine your own intensity by deciding how hard to manipulate the water.

Arthritis Foundation Aquatic Program

This WARM WATER exercise program applies functional fitness movements that supports activities of daily living to include better agility and improved balance. This class concentrates on maintaining and improving flexibility, mobility, and range of motion. Classes are held in the WARM shallow water of the recreation pool.

Aqua High-Intensity Interval Training (Aqua-H.I.I.T)

Aqua H.I.I.T is a high intensity interval training class that alternates short periods of intense exercise with less intense recovery periods. The buoyancy properties of the water allow you to work at a higher level with less impact on your body. Besides getting their heart rate up and building core strength, aquatic HIIT exercises encourage participants to work on their balance and flexibility. Added benefits include increased metabolism and burns fat, improved cardiovascular fitness and increased muscular strength.

***All classes are held in the shallow water of the Recreation Pool except for Deep Water Aerobics.**