

# CCAC Water Aerobic Schedule

## September 2025

| Class           | Monday                                                | Tuesday                        | Wednesday                                             | Thursday                        | Friday                        | Saturday                                                               |
|-----------------|-------------------------------------------------------|--------------------------------|-------------------------------------------------------|---------------------------------|-------------------------------|------------------------------------------------------------------------|
| 9:15-10:00AM    | <b>9:00AM</b><br><b>Arthritis Therapy</b><br>Susan G. | <b>Aqua Yoga</b><br>Susan G.   | <b>9:00AM</b><br><b>Arthritis Therapy</b><br>Susan G. | <b>Shallow Water</b><br>Cheryl  | <b>X</b>                      | <b>X</b>                                                               |
| 10:00-10:45AM   | <b>Shallow Water</b><br>Kim                           | <b>Shallow Water</b><br>Cheryl | <b>Shallow Water</b><br>Susan G.                      | <b>Aqua H.I.I.T</b><br>Jennifer | <b>Shallow Water</b><br>Susan | <b>Shallow Water</b><br>Cheryl<br><b>September 6, 13,<br/>&amp; 20</b> |
| 11:00AM-11:45AM | <b>Deep Water</b><br>Kim                              | <b>Deep Water</b><br>Cheryl    | <b>Deep Water</b><br>Cheryl                           | <b>Deep Water</b><br>Jennifer   | <b>Deep Water</b><br>Cheryl   | <b>X</b>                                                               |
|                 |                                                       |                                |                                                       |                                 |                               |                                                                        |
| 5:45-6:30PM     | <b>Shallow Water</b><br>Yanet                         | <b>Shallow Water</b><br>Yanet  | <b>X</b>                                              | <b>Shallow Water</b><br>Yanet   | <b>X</b>                      | <b>X</b>                                                               |
| 6:45-7:30PM     | <b>X</b>                                              | <b>Deep Water</b><br>Yanet     | <b>Deep Water</b><br>Yanet                            | <b>X</b>                        | <b>X</b>                      | <b>X</b>                                                               |

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 water reduces your weight on impact, resulting in much less strain on your muscles and joints. This makes water aerobics a good choice for 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 exercises. 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 a participant, you determine your own intensity by deciding how hard to manipulate the water.

### **Arthritis Therapy**

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 your heart rate up and building core strength, aquatic HIIT exercises encourage participants to work on your balance and flexibility. Added benefits include increased metabolism and burns fat, improved cardiovascular fitness, and increased muscular strength.

### **Aqua Yoga**

Aqua Yoga combines the principles of Yoga and Water Aerobics into one great workout! It is a gentle and low impact aquatic activity in shallow water. Aqua Yoga takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity, the body can find the optimum stretch. By using the rhythm of the breath, an inner sense of relaxation can be achieved.

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