



JANUARY 2019

Water Fitness Schedule

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	9:15am	<i>Aqua Fit (shallow)</i>	Crystal
TUESDAY	9:15am	<i>Deep Water</i>	Jeanette
WEDNESDAY	9:15am	<i>Aqua Fit (shallow)</i>	Marlene
THURSDAY	9:15am	<i>Deep Water (outdoor pool)</i>	Jeanette
FRIDAY	9:15am	<i>Aqua Fit (outdoor pool)</i>	Teresa
SATURDAY	9:00am	<i>Deep Water</i>	Team

Aquatics



**GREENWOOD ATHLETIC
AND TENNIS CLUB**

Water Fitness **CLASS DESCRIPTIONS**

AI CHI

A shortened form of Tai Chi, designed for the flow of the water. Breathe deep and Relax. Outside, weather permitting. Ai Chi is a water-based total body strengthening and relaxation progression that bridges East and West philosophies, and integrates mental, physical and spiritual energy. It combines Tai-Chi concepts with Shiatsu and Watsu techniques and is a perfect relaxation technique for stress relief. Ai Chi takes advantage of the water properties, fostering range of motion while challenging balance and improving strength and stability.

AQUA FIT

Total body strength, conditioning and cardio class in the water. Varies class by class. May include steps, martial arts and anaerobic exercise. Using focus, Form and the dynamics of water to improve overall fitness and range of motion.

AQUA ZUMBA®

Greenwood Athletic Club is excited to offer Aqua Zumba. Splash into an invigorating low-impact aquatic workout. Known as the Zumba® “pool party,” the Aqua Zumba class gives you a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that’s cardio-conditioning, body-toning, and most of all fun!

DEEP WATER

A boot camp style workout, primarily using intervals. Keep your heart rate up by staying off the bottom of the pool and utilizing foam dumbbells for resistance.