



Monday	Tuesday	Wednesday	Thursday	Friday
TP Aquacize I 8:15-9:00am	TP Aquacize I 8:15-9:00am	TP Aquacize I 8:15-9:00am	TP Aquacize I 8:15-9:00am	LP Hydro Spin \$ 7:00-7:45am
TP Aquacize I 9:15-10:00am	TP Aquacize I 9:15-10:00am	TP Aquacize I 9:15-10:00am	TP Aquacize I 9:15-10:00am	TP Tone & Sculpt \$ 9:00-9:45am
LP Aquacize II 10:15-11:00am	LP Aquacize II 10:15-11:00am	LP Aquacize II 10:15-11:00am	LP Aquacize II 10:15-11:00am	LP Turn & Burn \$ 10:00-10:45am
\$ LP Aquacize II 1:00-2:00pm	LP Aquacize II 6:00-6:45pm	\$ LP Aquacize II 1:00-2:00pm	LP Aquacize II 6:00-6:45pm	
	Aquacize II 7:00-7:45pm		Aquacize II 7:00-7:45pm	

\$ Fee Based Class

TP Therapy Pool

LP Lap Pool

Water Aerobics Descriptions

Aquacize

Aquacize is a beginner to intermediate level water fitness class and is low impact to moderate pace. This water exercise class includes warm-up, aerobic training, and cool down, along with strength, toning and flexibility in shallow water. This class is perfect for the beginner athlete who likes the low-impact nature of water fitness programs.

Aquacize II

Aquacize II is a medium to advanced level water fitness class that works at a higher pace. This program offers mid-to-high cardio aerobic workouts in shallow water. It consists of stretching, running, ab and muscle toning. We do not advise this class for starters or those with physical ailments. If you're looking for a shallow water workout in a group setting, try one of these fun classes!

Pre-registration is required. Spots are first come, first served!

Aqua Tone & Sculpt **\$**

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

Hydro Spin **\$**

Underwater spinning, also known as aqua cycling, is a water-based exercise using a hydro-spin bike. This is a 45 minute class held in our lap pool. Space is limited to four participants. Appropriate water footwear is required.

Pre-registration is required. Spots are first come, first served!

Fee \$15

Turn & Burn **\$**

This is a Shallow and deep water exercise. Intended to help you burn fat, tone muscle, and improve cardiovascular function. This is a full-body cardio and abdominal workout. Various equipment is used for these classes including aquatic barbells. All exercises are designed to improve your strength and stamina in the water – so be ready to get a good workout! These classes will improve your lung strength, core and leg muscles, and endurance in water fitness format.

Pre-registration is required. Spots are first come, first served!

Wave Yoga - Seasonal

Join us in the pool to practice yoga sequences on the board to build stability, flexibility and strength while in the water. This class uses a pace slower than on land, since you'll also be balancing on the paddleboard.

Unlike land-based yoga classes, you won't need a mat—it's built into the paddleboard. Previous yoga experience isn't needed for this class, however, if you already do yoga, WAVE Yoga can help take your practice to the next level in an exciting way.

The Community Center will provide all the materials for this class. You don't need to be a proficient swimmer to enjoy this class, but you will need to get into the water to get to your paddleboard for class. Pool depths vary by location. (Swim suits or water wicking workout gear required).

Pre-registration is required. Spots are first come, first served! If you cannot commit to the full session, drop in rates are available for \$15.00

Schedules are subject to change based on instructor availability and NCC Holidays