

# FALL WATER FITNESS CLASS SCHEDULE

EFFECTIVE MONDAY NOVEMBER 4TH 2024

Cottonwood Heights  
Parks & Recreation

## MONDAY

- D** 7:00-8:00am  
H2O Fit \*\*  
(Lynn)
- S** 9:00-10:00am  
Intervelocity \*\*/\*\*  
(Stephanie)
- S** 10:00-11:00am  
Circuit H2O \*\*/\*\*  
(Stephanie)
- D** 11:00am-12:00pm  
Intervelocity \*\*/\*\*  
(Stephanie)

## TUESDAY

- D** 7:00-8:00am  
H2O Fit \*  
(Virginia)
- S** 9:00-10:00am  
Cardio Combo\*\*/\*\*  
(Michelle)
- S** 10:00-11:00am  
Fluid Motion \*/\*\*  
(Michelle)

## WEDNESDAY

- D** 6:00-7:00am  
H2O Fit \*  
(Lynn)
- S** 9:00-10:00am  
Aqua jocks \*\*/\*\*  
(Michelle)
- S** 10:00-11:00am  
Hydro Tone \*\*/\*\*  
(Michelle)
- D** 11:00am-12:00pm  
Kraken Combos \*\*/\*\*  
(Michelle)

**\*The 11am class will only be  
50 minutes of instruction.  
Participants will warm up the  
first 10 minutes of the class\***

## THURSDAY

- D** 7:00-8:00am  
H2O Fit \*  
(Virginia)
- S** 9:00-10:00am  
Hydro Power Conditioning \*\*  
(Charlie)
- S** 10:00-11:00am  
Hydro Power Conditioning\*  
(Charlie)

## FRIDAY

- D** 7:00-8:00am  
H2O Fit \*\*  
(Lynn)
- S** 9:00-10:00am  
Hydro Power Conditioning \*\*  
(Charlie)
- S** 10:00-11:00am  
Cardio Splash \*\*  
(Masuda)

ONE STAR \* = LOW INTENSITY

TWO STARS \*\* = MEDIUM INTENSITY

THREE STARS \*\*\* = HIGH INTENSITY

\*All classes may be modified to skill level. Please speak with the instructor before your class about any modifications\*

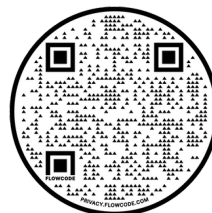
inside

**S** SPECIALTY POOL  
(SHALLOW)

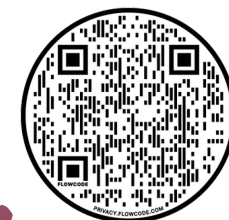
**D** DIVE TANK  
(DEEP)



**REGISTRATION REQUIRED FOR ALL CLASSES!  
SCAN QR CODE WITH YOUR PHONE  
TO REGISTER**



**WANT TO KNOW WHAT'S GOING ON WITH  
AQUA FITNESS? JOIN OUR WEEKLY  
NEWSLETTER LIST! SCAN THE QR CODE  
TO BE ADDED**



# Class Descriptions

**AQUA JOCKS:** This is an intense cardio class using training elements to increase muscle strength and endurance.

**CARDIO COMBO:** High intensity combinations of moves designed to keep your heart rate up and move you in all ranges of motion.

**CARDIO SPLASH:** This class is composed of cardio choreographed routines, mixing in a variety of dance forms. From salsa to kick-boxing, be ready to have fun while getting work done in the water.

**CARDIO POWER SPLASH:** This class will follow the same format as our Cardio Splash class, but with a powerful twist! Equipment will be introduced for parts of this class and you will learn how to use it safely and properly.

**CIRCUIT H2O:** Boost your cardiovascular health and muscle endurance rotating through stations of exercises in shallow water. Stations include endurance, resistance, strength and balance training using various equipment. Move through timed stations with targeted exercises and in depth coaching!

**DEEP COMBO:** Take the plunge and challenge the water and thrashing currents of DEEP power and fun! Challenges your body, stamina, and mind.

**FLUID MOTION:** Posture, balance, and range of motion is the primary focus of this class with a mild cardio section.

**HYDRO POWER CONDITIONING:** This class will put your balance skills to the test while working on light exercises to improve strength and cardio health. Equipment will be used to challenge your body and mind

**HYDRO-TONE:** This class works on improvement of flexibility, core strength, breathing and balance.

**H2O FIT:** Cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts provided for buoyancy(deep only)

**INTERVELOCITY:** Aerobic activities mixed with high-energy anaerobic training. Easy to follow - challenge your workout and improve overall fitness!

**KRAKEN COMBOS:** This class is a cardio class with evolving formats. Some classes feel like you're line dancing, others will be interval training. In every class you will challenge your muscles and improve your cardiovascular health.

## AQUA FITNESS FAQ:

### What are the best classes for beginners?

- Aqua Jocks
- H2O Fit
- Cardio Splash
- Hydro-Tone

### Do I need to be "fit" to attend Aqua Fitness classes?

- No! All classes are able to accommodate any fitness level, although we recommend starting with our beginner classes :)

### Can I still attend classes if I am injured?

- Yes you can still attend, but we recommend discussing it with your doctor before hand to prevent further injury. All of our instructors are highly skilled and can accommodate class structure and routine for you if needed. \*please inform your instructor of any injuries prior to class\*

### How do I check in for class?

- Please visit one of our front desks before your class begins to receive your class pass. Give these to your instructor before class starts and enjoy your workout! \*if attending multiple classes in a row, please obtain ALL passes\*



## CLASS RATES:

## PER CLASS

## 10 PASS

## 20 PASS

### ULTIMATE MEMBER

### NO CHARGE

### PREMIUM MEMBER

\$7.00

\$63.00

\$126.00

### PREMIUM MEMBER SENIOR (62+)

\$6.00

\$54.00

\$108.00

### PREMIUM MEMBER YOUTH (14-17)

\$5.00

\$40.00

\$80.00

### NON-MEMBER

\$8.00

\$72.00

\$144.00

### NON-MEMBER SENIOR (62+)

\$7.00

\$63.00

\$126.00

### NON-MEMBER YOUTH (14-17)

\$6.00

\$54.00

\$108.00

- Class sizes are limited. Please sign up ahead of time on our website [www.chparksandrecUT.gov](http://www.chparksandrecUT.gov)
- Check-in cards can be obtained at the administrative front desks before each class begins