

Whitewater Aquatic & Fitness Center

Water Aerobics Classes

					<u>Class Descriptions</u>
Class	Time	Room	Instructor		
Monday	Dash & Splash	5:45-6:30 a.m.	Lap Pool	Gina	<p>Arthritis Motion: Slow moving class that uses stretching techniques for joints and muscles, while working on strength, flexibility, and balance.</p> <p>Dash and Splash: Aerobic based water class, where you will run, jump, and raise your heart rate. Barbells will be incorporated into movements throughout the class.</p> <p>Deep Water Movement: A quick moving water fitness class in deep water that will leave you sweating for more. Water flotation belts are available for use.</p> <p>Water Movement: Moderate paced water exercise class that uses many different pieces of equipment to create more resistance.</p>
	Arthritis Motion	7:00-7:45 a.m.	Leisure Pool	Lorrie/Sue	
	Dash & Splash	7:30-8:15 a.m.	Lap Pool	Kayla	
	Arthritis Motion	8:00-8:45 a.m.	Leisure Pool	Lorrie/Sue	
Tuesday	Water Movement	7:30-8:15 a.m.	Leisure Pool	Janie	
	Deep Water Cardio	8:30-9:15 a.m.	Lap Pool	Debbi	
Wednesday	Dash & Splash	5:45-6:30 a.m.	Lap Pool	Gina	
	Arthritis Motion	7:00-7:45 a.m.	Leisure Pool	Lorrie/Sue	
	Dash & Splash	7:30-8:15 a.m.	Lap Pool	Amber	
	Arthritis Motion	8:00-8:45 a.m.	Leisure Pool	Lorrie	
Thursday	Water Movement	7:30-8:15 a.m.	Leisure Pool	Janie	 
	Deep Water Cardio	8:30-9:15 a.m.	Lap Pool	Debbi	
Friday	Dash & Splash	5:45-6:30 a.m.	Lap Pool	Gina	
	Arthritis Motion	7:00-7:45 a.m.	Leisure Pool	Lorrie	
	Dash & Splash	7:30-8:15 a.m.	Lap Pool	Kayla	
	Arthritis Motion	8:00-8:45 a.m.	Leisure Pool	Lorrie	

Fitness Classes are ongoing. Classes are subject to change at anytime.



Whitewater Aquatic & Fitness Center Land Fitness Classes

Phone: 262-473-4900
wwparks.org - "Aquatics" tab

					<u>Class Descriptions</u>
Class	Time	Room	Instructor		
Monday	Circuit Boot Camp	9:00-10:00 a.m.	Studio	Nicole	<p>Circuit Boot Camp: A circuit training class that uses a variety of resistance, cardio & style</p> <p>Core Centered: Total abdominal and back strengthening and stretching using physio balls, mats, and resistance.</p> <p>Hula Hoop: Basic Hula Hoop knowledge. Learn techniques and tricks at your own pace</p> <p>Physio Ball Strength: Combines muscles-sculpting, core-firming benefits, and flexibility work.</p> <p>Pound: Instead of listening to music, you <i>become</i> the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels.</p> <p>Senior Fitness: Slow moving class that uses flexibility and balance. This class is designed for individuals with muscle or joint restrictions.</p> <p>Step/Bosu: This is a fast moving class that is taught on an elevated platform while incorporating the bosu ball which is a balancing piece of equipment.</p> <p>Step/Strength: Great fat burning workout taught at all levels combining cardio and strength moves.</p> <p>Yoga (beginner/gentle): A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body.</p> <p>Yoga (mixed levels): A little bit of everything. Some flow, some holds, definitely working on the basics. There will always be an option to take it easy, and an option to challenge yourself. *Beginner friendly*</p> <p>Zumba: Perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.</p> <p>Zumba in the Circuit: Zumba fans who want to add circuit training. The high-octane, Latin-inspired dance rhythms of Zumba® combine with the benefits of metabolism-boosting strength training for one complete workout.</p>
	Core Centered	10:00-10:30 a.m.	Studio	Nicole	
	Zumba in the Circuit	4:15-5:00 p.m.	Studio	Lynnette	
	Step/ Bosu	5:15-6:00 p.m.	Studio	Shirley	
Tuesday	Yoga (beginner/gentle)	8:00-9:00 a.m.	Studio	Lorelei	
	Senior Fitness	10:15-11:00 a.m.	Studio	Cynthia	
	Pound	4:15-5:00 p.m.	Studio	Lynnette	
Wednesday	Yoga (mixed levels)	8:00-9:00 a.m.	Studio	Lorelei	
	Physio Ball Strength	9:00-10:00 a.m.	Studio	Nicole	
	Core Centered	10:00-10:30a.m.	Studio	Nicole	
	Zumba	4:00-4:45 p.m.	Studio	Lynnette	
	Hula Hoop	4:45-5:30 p.m.	Studio	Lynnette	
Thursday	Yoga (beginner/gentle)	8:00-9:00 a.m.	Studio	Lorelei	
	Senior Fitness	10:15-11:00 a.m.	Studio	Kayla	
	Pound *	5:30-6:15 p.m.	Studio	Lynnette	
Friday	Step/Strength*	9:00-10:00a.m.	Studio	Nicole	
	Core Centered*	10:00-10:30a.m.	Studio	Nicole	
Saturday	Step/Bosu	8:30-9:30 a.m.	Studio	Shirley	
	Zumba*	9:30-10:15 a.m.	Studio	Lynnette	
	Hula Hoop	10:15-11 a.m.	Studio	Lynnette	

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