

AQUA FITNESS SCHEDULE

2023

AQUA FITNESS CLASSES @ BECK RECREATION CENTER INDOOR POOL

(CAPACITY OF 35 PARTICIPANTS)

AQUA FITNESS

A challenging aerobic workout in the water! Pre & post natal participants welcome. No swimming required.

- Mon.-Fri., 8-9 a.m.
- Mon., 5:30-6:30 p.m.

ARTHRITIS AQUA FITNESS

Ages 18 & older

Keep your joints healthy & your body in motion.

- Mon.-Fri., 9:15-10:15 a.m.
- Tue./Thu., noon-1 p.m.

CARDIO SPLASH

Focus on movement and cardiovascular fitness. Come join us to increase stamina, muscular endurance & cardiovascular fitness.

- Wed., 5:30-6:30 p.m.

DEEP WATER

Low impact, high intensity aqua fitness with a focus on cardio & abs. Ability to swim is required.

- Fri., 5:30-6:30 p.m.

AQUA FITNESS CLASSES @ CENTRAL RECREATION CENTER INDOOR POOL

AQUA FITNESS

A challenging aerobic workout in the water! Pre & post natal participants welcome. No swimming required.

- Mon./Wed., 11 a.m.-noon
- Wed. 5:30-6:30 p.m. *Starting March 29



AQUA FITNESS CLASSES @ SOUTHEAST INDOOR POOL

AQUA FITNESS

A challenging aerobic workout in the water! Pre & post natal participants welcome. No swimming required.

- Thu., 11 a.m. - noon

River Flow

Come join us for a walk down the river! Class is held in the lazy river at Southeast Indoor Pool. Focus on cardio strength with resistance from the current.

- Tue., 11 a.m. - noon

Aqua Zumba

This high-energy aquatic workout fuses South American Zumba rhythm and dance steps with a pool party. Aqua Zumba gives participants all the benefits of a challenging, fun, body-toning workout – in the water!

- Tue., 5:30-6:30 p.m.

AQUA FITNESS CLASSES @ UTAH INDOOR POOL

AQUA FITNESS

A challenging aerobic workout in the water! Pre & post natal participants welcome. No swimming required.

- Sat., 8-9 a.m.

AuroraGov.org/Pool

