

# **Utah Pool**

**1800 S. Peoria Street, Aurora, CO 80012**

**303-739-1530**

## **Aqua Fitness Exercise Classes**

### **Aqua Fitness**

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

**(Focus on aerobic conditioning, and strengthening)**

- M/W/F, 7:30-8:30 a.m.
- M/W, 5:30-6:30 p.m.
- M/W, 7-8 p.m.
- T/TH, 6:30-7:30 a.m.
- T/TH, 5-6 p.m.
- T/TH, 6-7 p.m.
- Sat., 7-8 a.m.
- Sat., 10-11 a.m.
- Sun., 9-10 a.m.



### **Deep Water Aerobics**

Get fit with this challenging workout. You must know how to swim.

- M/W, 7:50-8:50 p.m.

### **Golden Hour**

Let the magic of the water cushion your joints. No swimming required.

**(Focus on stretching, toning and strengthening)**

- M/W/F, 9:35-10:35 a.m.
- T/TH, 8:15-9:15 a.m.

### **Morning Masters**

An invigorating workout at the crack of dawn.

- M/W/F, 5:30-7 a.m.

### **Silver Sneakers**

Ask about Silver Sneakers at Utah Pool