

# Aqua Aerobics Schedule

# February

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	AM Energizer Ursula	Aqua Jog Ursula	AM Energizer Ursula	Aqua Jog Ursula	AM Energizer Ursula	Water In Motion Erica
8:00 AM	Weightless Aqua Ursula	Weightless Aqua Ursula	Weightless Aqua Ursula	Weightless Aqua Ursula	Weightless Aqua Ursula	
9:15 AM	Fit & Flex Faith		Fit & Flex Faith		Fit & Flex/Water in Motion Ginger	
10:30 AM	Ai Chi Terry		Ai Chi Terry		Ai Chi Terry	
7:00 PM	Power Hour Terry	Water in Motion Selina	Aqua Kick Shannan	Water in Motion Ginger		
8:00 PM			Water In Motion Erica			

Schedule is subject to change.  
 Visit us at [www.bolingbrookparks.org](http://www.bolingbrookparks.org) or call (630) 783-6651 for current info.

# AQUA AEROBICS CLASS DESCRIPTIONS

**AM Energizer:** You won't need your coffee after this class. Get your workout in extra early with overall cardio, toning and strength. This class will leave you feeling energized throughout the day. Expect to use a variety of aqua gear for a full body workout including abs.

**Aqua Jog:** Build your endurance and tone every muscle from your head to your toes. You will be jogging, walking and running against the water to get the most of your workout. Some light equipment may be used.

**Water in Motion:** Catch a wave and plunge into the newest addition to our Aqua class schedule. Using your own body resistance as you move to the choreography, you'll be sure to burn calories and get the most of your hour.

**Weightless Aqua:** Take it to the deep end and avoid any impact on your knees, hips and ankles while getting a full body workout using barbells, noodles, hand weights and more. Flotation belts are provided.

**Fit-N-Flex:** This class starts out with cardio exercises to help build endurance and incorporates resistance equipment to help focus on coordination and balance along with body strength.

**Power Hour:** Get a high intensity workout for one hour. Start burning fat as your heart gets racing and you strengthen your core.

**Aqua Kick:** Aqua Kick combines the benefits of low-impact water resistance with the fun and energy of cardio kickboxing, as well as fusing strength training and self defense moves.

**Ai Chi:** De-stress and increase your energy in this low impact water based Tai Chi program created in Japan and specifically modified for the water. You will improve balance, range of motion and flexibility without overstressing your joints.



All aqua classes are for ages 12 years and up. Aqua Aerobics relieves pain and pressure from your spine and joints making working out in the water one of the safest modes of exercise for anyone. These classes are recommended for all fitness levels. Call 630.783.6651 for more information.