



# WATER FITNESS SCHEDULE

Spring Schedule — Starts on March 2, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b><u>Aqua HIIT</u></b> 8:30-9:30AM Instructor: Sandy Dolan</p> <p>Wake up with a total-body water workout including intervals and endurance training all in one class. This class is sure to push your fitness levels across the board.</p>	<p><b><u>Deep Water</u></b> 8:30-9:30AM Instructor: Sandy Dolan</p> <p>Designed for all fitness levels, this class incorporates both high and low intensity suspended movements to build cardiovascular fitness, strengthen and tone muscles, improve flexibility and burn body fat.</p>	<p><b><u>Aqua HIIT</u></b> 8:30-9:30AM Instructor: Sandy Dolan</p> <p>Wake up with a total-body water workout including intervals and endurance training all in one class. This class is sure to push your fitness levels across the board.</p>	<p><b><u>Deep Water</u></b> 8:30-9:30AM Instructor: Sandy Dolan</p> <p>Designed for all fitness levels, this class incorporates both high and low intensity suspended movements to build cardiovascular fitness, strengthen and tone muscles, improve flexibility and burn body fat.</p>	<p><b><u>Deep Water</u></b> 8:30-9:30AM Instructor: Sandy Dolan</p> <p>Designed for all fitness levels, this class incorporates both high and low intensity suspended movements to build cardiovascular fitness, strengthen and tone muscles, improve flexibility and burn body fat.</p>	<p><b><u>WATERinMOTION®</u></b> 8-9AM Instructor: **Sandy Dolan**</p> <p>A pre-choreographed, quarterly-released group aqua exercise program with land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza.</p>
<p><b><u>WATERinMOTION®</u></b> 9:30-10:30AM Instructor: Val Shanaberger</p> <p>A pre-choreographed, quarterly-released group aqua exercise program with land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza.</p>	<p><b><u>WATERinMOTION®</u></b> 9:30-10:30AM Instructor: Val Shanaberger</p> <p>A pre-choreographed, quarterly-released group aqua exercise program with land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55 minute water extravaganza.</p>	<p><b><u>H2O Hi/Lo</u></b> 9:30-10:30AM Instructor: Charlene Schmitt</p> <p>Tone and stretch your way into shape! Great way to meet new people and exercise at the same time. Easy class to follow! Come stimulate your spirit, body, and mind!</p>	<p><b><u>Aqua Hour</u></b> 9:30-10:30AM Instructor: Marni Mount</p> <p>Make your day your masterpiece by starting with a great aerobic workout where you gain muscle and bone strength, flexibility and balance. You will have a blast while exercising!</p>	<p><b><u>Tabata</u></b> 9:30-10:30AM Instructor: Sandy Dolan</p> <p>4 minute cycles of high-intensity exercises that are performed in 20 seconds with a 10 second rest. Each class starts with a warm up with a preview of the exercises and ends with stretches.</p>	<p><b><u>Deep Water</u></b> 9-10AM Instructor: **Sandy Dolan**</p> <p>Designed for all fitness levels, this class incorporates both high and low intensity suspended movements to build cardiovascular fitness, strengthen and tone muscles, improve flexibility and burn body fat.</p>
<p><b><u>Arthritis</u></b> 10:30-11:30AM Instructor: Terry Steele</p> <p>Gentle program to improve quality of life by decreasing pain, swelling, and stiffness and increasing joint range of motion, agility, balance and strength. Facilitates performance of normal daily activities. Variations for different levels of comfort.</p>		<p><b><u>Cardio Pool Party</u></b> 10:30-11:30AM Instructor: Terry Steele</p> <p>Fun shallow and deep water workout. Enjoy this multi level cardio and strength training workout. Everyone invited to join in, It's a PARTY</p>	<p><b><u>Senior Strength</u></b> 10:30-11:30AM Instructor: Marni Mount</p> <p>Slow paced movement with concentration on balance. Slight elevation in heart rate.</p>	<p><b><u>Arthritis</u></b> 10:30-11:30AM Instructor: Terry Steele</p> <p>Gentle program to improve quality of life by decreasing pain, swelling, and stiffness and increasing joint range of motion, agility, mobility, balance and strength. Facilitates performance of normal daily activities. Variations for different levels of comfort.</p>	<p><b><u>FOR MORE INFORMATION:</u></b> Contact Katelyn Goll at 941-798-9622 x314 or email kgoll@manateeymca.org</p>