



**E-TOWN SWIM**  
FITNESS • CENTER

# Aqua Aerobics Schedule 2020

Times	Mon	Tues	Wed	Thu	Fri	Sat
10:15am - 11:15am	AQUA COMBO	AQUA BOOT CAMP	AQUA COMBO	AQUA BOOT CAMP	AQUA COMBO	AQUA COMBO
11:15am- 12:15pm	DEEP WATER BLAST		DEEP WATER BLAST		DEEP WATER BLAST	
5:30pm- 6:30pm		AQUA COMBO		AQUA COMBO		

**AQUA COMBO** Strength and cardio training in shallow water.

**DEEP WATER BLAST** Emphasis on good body mechanics, cardio training and stretching and fun! In 6ft water with swim belt. During summer, classes may be outside in the outdoor pool.

**AQUA BOOTCAMP** A mix of target moves that will whittle your waist, get the blood flowing and burn calories! Not your average water aerobics class!