



**Firstenberg
Community Center**

Water Exercise Schedule

April 1 - June 29, 2024

Average Temperatures: Pool 85-86°F | Spa 99-101°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:05 – 8:55 a.m. Leveling Up Melissa	8:05 – 8:55 a.m. Leveling Up Melissa	8:05 – 8:55 a.m. Aqua Fusion Jeannie	8:05 – 8:55 a.m. Leveling Up Melissa	8:05 – 8:55 a.m. Aqua Synergy Jeannie
9 – 9:50 a.m. Pool Party Andrea	9:15 – 10:15 a.m. Aqua Synergy Melissa	9 – 9:50 a.m. Pool Party Andrea	9:15 – 10:15 a.m. Aqua Synergy Melissa	9 – 9:50 a.m. Pool Party Melissa
4:05 – 5 p.m. Fit and Fabulous Jeannie		4:05 – 5 p.m. Fit and Fabulous Jeannie		10:05 – 11 a.m. Power Plus PiYo Melissa



**Marshall Community
Center**

Water Exercise Schedule

April 1 - June 29, 2024

Average Pool Temperature: 84-86°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:20 – 8:10 a.m. Deep Water Challenge Jeannie	7:20 – 8:10 a.m. Deeply Fit Tish	7:20 – 8:10 a.m. Aqua Conditioning Deep Independent Exercise		7:20 – 8:10 a.m. Aqua Fit Deep Cathy
8:20 – 9:10 a.m. Shallow/Strength & Stretch Tish <i>2 lap swim lanes only</i>	8:30 – 9:20 a.m. Great Expectations Shallow Robin <i>2 lap swim lanes only</i>	8:20 – 9:10 a.m. Aqua Conditioning Shallow Independent Exercise <i>2 lap swim lanes only</i>		8:20 – 9:10 a.m. Aqua Fit Shallow Cathy <i>2 lap swim lanes only</i>
6:30 – 7:30 p.m. Deep Water Challenge Kristen		6:30 – 7:30 p.m. Deep Water Challenge Kristen		

Swim Rules & Notes

- Participants must be 13 years of age or older to attend aquatic fitness classes.
- Equipment is provided for all classes.
- Children age 6 and under must be within arm's reach of an adult at all times (with or without a lifejacket).
- Swim diapers **and** plastic pants are required for all children 3 and under and non-toilet trained patrons. They are available to purchase at the front desk.
- Keep your valuables safe by using the lockers. Bring your own or buy one at the front desk. Firstenburg Community Center is not responsible for lost or stolen items.
- Self-directed workouts may be substituted for any water exercise class if an instructor is not available.
- Swim caps, goggles, ear plugs, ear covers, wave gloves and locks are available to purchase at the Firstenburg Center front desk.

Class Descriptions

FIRSTENBURG

Aqua Fusion

These class activities are at the instructors discretion. Include a mix of conditioning, cardiovascular, endurance, increase pulse, breathing, strength, and flexibility.

Aqua Synergy

Designed with students who prefer moderate intensity cardio in mind. This class is structured to be easy to follow with distinct warm up, cardio, strength, balance, and flexibility segments. Moderate intensity that is easily modified to fit individual needs.

Fit and Fabulous

Using cardio and core workout routines to create a fit and fabulous you. Moderate intensity.

Leveling Up!

Level up your fun with this aqua combo class! A variety of methods are used including intervals, strength training, kickboxing moves, and challenging wall work. Moderate to high intensity.

Pool Party

This class uses a mixture of moves including cardio, strength, flexibility and balance. If you are

looking for a full body workout, this is the class for you!

Power Plus PiYo

Ready for a challenge? You'll burn some serious calories in the fast-paced class. High intensity cardio, strength training, balance challenging aqua pilates and yoga are combined for a fun and well-rounded class.

MARSHALL

Aqua Conditioning Shallow/Deep

Total body workout including cardio and strength training, core conditioning and stretching. Offered in both shallow and deep water formats. All levels welcome!

Aqua Fit Deep

Class includes warm-up, whole body conditioning, aerobics and cool down stretching in deep water.

Aqua Fit Shallow

Low impact aerobics class in shallow water using the resistance of the water to cushion the feet, knees, and back. Designed to improve strength, range of motion, and cardio endurance.

Deeply Fit

Take the plunge. Deep-water traveling and movements that challenge your body, your core muscles and your stamina. Leave feeling stronger, taller and more flexible!

Deep Water Challenge

Brain and body challenge. Full body workout while improving motor control, core, balance, strength and endurance. Walk out of the pool feeling taller and stronger.

Great Expectations

Moderate intensity allows you to adjust your fitness level. Class combines strength and aerobics activity that that allow you to work at your own pace. Expect great results!

Shallow/Strength and Stretch

Class combines Pilates, Yoga and Tai Chi to strengthen, stretch and calm your nervous system. You will feel grounded, centered and inspired to move.