



December 2022 Water Fitness Class Schedule

Water Fitness Guidelines

- **Class sizes will no longer be limited by capacity or have a reservation system.**
- All participants will be required to have a valid Group Fitness Pass to the James City County Recreation Center or have a 10-tab wrist band that can be purchased at the James City County Recreation Center. Day access will not be permitted.
- **Classes will still be limited to 50 minutes.**
- No swimming skill necessary. Water shoes are recommended for all classes but not mandatory.

December 1-31						
(Rec. Center will be closed December 24 & 25)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10 a.m.	Cardio Linda	Cardio Stacey	Cardio Linda	Cardio Stacey	Cardio Linda	8:30 a.m. H2O HIIT FIT Nancy
9:10 a.m.	Cardio Linda	SilverSneakers Splash Ruth	Cardio Linda	SilverSneakers Splash Ruth	Cardio Linda	9:30 a.m. Cardio Linda
10:10 a.m.	Water Walking Ruth	Aqua Basics Sarah	Aqua Tabata Sarah	Multi-Level Water Exercise Ruth	Water Walking With ATTITUDE Linda	
6:10 p.m.		H2O HIIT FIT Nancy		H2O HIIT FIT Nancy		

WATER FITNESS CLASS DESCRIPTIONS

Multi-Level Water Exercise

A variety of stretching, toning and cardio exercises designed so everyone can work to their ability and improve Activities of Daily Living. Progressions and alternatives are offered. Try different moves and keep your body toned and burn calories while having fun. Includes targets exercises for hips, shoulders, knees, and core.

CARDIO

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility and of course, core. This is an overall body workout that will help increase your endurance, improve balance, and leave you with a feeling of good health.

SPLASH / SilverSneakers®

A fun, shallow-water exercise class that uses a signature splashboard to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

H2O - HIIT FIT

Rev up your heart rate with High Intensity Interval Training which will improve your stamina, torch calories, and leave you feeling exhilarated.

Aqua Basics

Back to the Basics, But with Fun & Finesse. Aquatic training that everyone enjoys, excellent introduction to aquatic fitness training.

AQUA TABATA

Tabata interval exercises are one of the most effective types of interval training. Working out in the water is one of the most therapeutic activities you can enjoy. Mixing this format with the water through a variety of exercises, allows you to blast away calories and increase your strength, balance, and cardio each class. The moves are very similar to the moves in other water aerobics classes. Jogging, jumping jacks, pendulums – just to name a few. The water offers added resistance to the workout while making Tabata safer to be performed by people of all ages and fitness levels because it is easy on the joints. Music pushes you through the 20 seconds on, 10 seconds off intervals to boost your metabolism. It is the perfect high-intensity workout for both fitness and weight-loss benefits for ALL fitness levels + time flies!

Water Walking with ATTITUDE

Let's get those steps in with fun and creative movement. Very low impact, easy moves and will start your day off with energy.

Water Walking

Let's take gravity out of walking and work on those lower body joints. All ranges of motion will be worked as well as strengthening those muscles that help us work daily.