

FRANCONIA REC CENTER

Aqua Fitness Schedule – SPRING – 2024

Time	Class Name	Code	Instructor	Meets
Monday/Wednesday AM/PM Start: 04/01 End: 06/12 No Class Meets: 05/27				
6:35a- 7:30a	S'WET (Shallow)	GS8.3PSA	Carla	X21
8:30a-9:25a	Aqua Fit and Tone (Shallow)	AA8.4L1I	Debbie	X21
9:45a-10:40a	Arthritis Water Exercise (Shallow)	9E8.5X0D	Debbie	X21
7:35p-8:30p	Power Finning (Deep)	83P.WU6B	Cathy(M)/Carla(W)	X21
Tuesday/Thursday AM/PM Start: 04/2 End: 06/13 No Class Meets: NONE				
8:30a-9:25a	Advance Deep-Water Exercise	B79.LROO	Debbie	X22
6:35p-7:30p	Aqua Get Fit (Shallow)	2A9.QJT8	Sharon	X22
7:35p- 8:30p	Aqua Fit and Tone (Shallow)	AA8.2PDF	Carla	X22
Tuesday AM ONLY Start: 04/02 End: 06/11 No Class Meets: NONE				
9:45a-10:40a	Aqua Fiesta (Shallow)	XJN.YP7T	Debbie	X11
Thursday AM ONLY Start: 04/04 End: 06/13 No Class Meets: NONE				
9:45a-10:40a	S'WET (Shallow)	GS8.4X6S	Debbie	X11
Friday AM ONLY Start: 04/05 End: 6/14 No Class Meets: 5/24				
6:35a-7:30a	S'WET (Shallow)	GS8.TG41	Carla	X11
8:30a-9:25a	Aerobics Water Exercise (Shallow)	3AD.JH8B	Sharon	X11
9:45a-10:40a	Water Walking (Shallow)	7B5.A242	Sharon	X11
Saturday Start: 04/06 End: 06/15 No Class Meets: 05/25				
9:00a-9:55a	Power Finning (Deep)	83P.FD7L	Cathy	X10
10:00a-10:55a	Deep Water Exercise	B8B.OKFO	Cathy	X10
2:00p-2:55p	S'WET	GS8.OTXX	Carla	X10
3:00p-3:55p	Advance Deep-Water Exercise	B79.DOOX	Carla	X10
Sunday Start: 04/07 End: 06/16 No Class Meets: 5/12, 05/26				
2:00p-2:55p	S'WET	GS8.7H4O	Carla	X10
3:00p- 3:55p	Deep Water Exercise	B8B.PSBK	Carla	X10



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event.
TTY (703) 803-3354

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Aqua Fitness Class Descriptions

Aqua Fit and Tone – This low-impact and low-intensity workout is taught in shallow water. You increase muscular endurance while you tone muscles and improve flexibility.

Aqua Get Fit – This class focuses on building strength, balance, and endurance using the water's buoyancy and support. Designed for those new to water exercise or those looking for a new fitness opportunity, this fun-filled class focuses on using aqua fitness to progress individual health goals.

Deep Water Exercise: Take the plunge for a workout that is no impact. You'll use a variety of deep-water exercises and deep-water running techniques to get the maximum benefit from water's natural resistance.

Advanced Deep-Water Exercise- Prerequisite: Student must be able to swim. An excellent full body workout. This class is for the experienced deep-water exerciser looking for a more challenging workout.

Water Aerobic Exercise: This excellent shallow water class provides cardiovascular workout and increases muscle tone, strength and endurance.

Aqua Fiesta: Join the party! Get all the fun and benefit of high energy aerobic workout. Burn calories, tone your whole body and have a blast.

Arthritis Water Exercise: Shallow-water exercises using water's buoyancy and resistance helps improve overall range of motion, joint mobility, and muscle strength. While this class is designed for students with arthritis, it is open to everyone.

Power Finning – Deep water cardio and strength with fins. Kick it up to the next level! An excellent full-body workout that is a more intense and challenging workout!

S'WET - Come S'WET with us in the pool. Structured Water Exercise Training is designed to incorporate unique blocks, each with a specific purpose, focused on high intensity interval training, strength, advanced cardio and plyometric training.

Water Walking – This class is designed to improve muscle tone and aerobic fitness. Ideal for those who want the effects of walking without adding stress to muscles and joints. Instructors guide participants in different types of walking in water to benefit all parts of the body.