

ADULT AQUATIC FITNESS (CONT.)

Fitness Schedule: (Sept. 11 - May 30) Please visit our website & consult the calendar to ensure a class isn't cancelled.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AquaFIT-Carrie 9-10am Water Yoga - Joanna 10-11am SUP Yoga-Eileen 6-7:15pm (Nov. 1)	Boost Masters 6:30-7:45am AquaHIIT - Shelley 9-10am Adult Water Polo 7-8pm	AquaFIT-Carrie 9-10am Water Yoga - Joanna 10-11am Fit Parent 4, 4:30, 5, 5:30, 6, 6:30pm	Boost Masters 6:30-7:45am AquaHIIT-Shelley 9-10am	Stroke Clinic - Amanda 8:20-8:50am Deep H2O-Amanda 9-10am Kayak Rolls 5-7pm	Deep H2O-Amanda 12-1pm	Kayak Rolls 12-5pm

POOL CLASS PASS

\$90 fee, valid for 10 classes from participating instructors. Day use fee varies per class

FIT PARENT

LOCATION: Community Swimming Pool

INSTRUCTOR: Angela Mansfield

AGES: 12+

FEE: \$6 Drop-In OR \$50 10 class punch card

DATES: Ongoing Wednesdays during the school year

TIMES: 30min classes on the half hour from 4-6:30pm

Description: This 30 minute HIIT class is designed for busy parents who need to squeeze in a good workout.

WATER YOGA

DAYS: Ongoing Mon. & Wed.

TIMES: 10-11 am

FEES: \$11 drop in or \$90 for Pool Class Pass

INSTRUCTOR: Joanna McMullens

Water Yoga takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved.

AQUAFIT

DAYS: Ongoing September 19-May 24th

TIMES: Monday & Friday from 9-10 am

FEES: \$11 drop in or \$90 for Pool Class Pass

INSTRUCTOR: Carrie Haines ACE, NASM, and AFAA Certified

The most amazing water workout and a wonderful way to cross train. This class combines cardio and strength intervals in chest-deep water. Steady state cardiovascular drills are combined with some high intensity interval work to promote heart health and muscular endurance. All set to fun music & suitable for all levels and ability.

AQUAHIIT

INSTRUCTOR: Shelley Nielson

DAYS: Tues. & Thurs.

TIME: 9-10am

FEES: \$11 drop in or \$90 for Pool Class Pass

AquaHIIT is a high intensity training (HIIT) class that guarantees to get your heart pumping and burn calories. Combining periods of intense exercise and varying amounts of rest, this 55 minute class will burn fat, improve muscle tone, build strength and leave you feeling energized and motivated. With water providing up to 42% more resistance than air, the pool provides a perfect place to conduct HIIT workouts by allowing you to work out at a higher intensity with less impact on the body.

SUP YOGA (BEGINNING NOV. 1)

DAYS: Tuesday 10-11:15am

Thursday 6-7:15pm

FEE: \$15 drop-in

\$75 5 class punch, \$125 10 class punch.

INSTRUCTOR: Eileen Allen

LOCATION: Truckee Pool

Yoga on a paddleboard has become an ideal way to practice yoga in a pool, pond, lake or the ocean. The principles that are taught on the yoga mat become essential and even more appreciated on the board. Enhancing the experience of concentration and moving with the breath on water, we have created a floating class room that allows students to develop core strength, balance, do things you never thought possible & stay warm indoors.

DEEP WATER AEROBICS FITNESS

DAYS & TIMES: Friday 9-10am & Sat. 12-1pm

FEES: \$11 drop in or \$90 for Pool Class Pass

INSTRUCTOR: Amanda Oberacker

You can sweat when wet! Join Amanda as she runs you through 60 min. of heart pumping water exercises. Great for low impact cardio.