



Aquatic Exercise Class Schedule Spring 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:40 AM Aqua Fusion Warm Water Maximum 10		7:00 AM - 7:40 AM Aqua Fusion Warm Water Maximum 10			7:15 AM to 8:00 AM River Blast Current Channel No Maximum
10 AM - 10:35 AM A.C.T. Aquatic Circuit Training Main Pool Maximum 10	8:05 AM - 8:50 AM Cardio H2O Main Pool No Maximum	10 AM - 10:35 AM A.C.T. Aquatic Circuit Training Main Pool Maximum 10	8:05 AM - 8:50 AM Cardio H2O Main Pool No Maximum		
	9:05 AM - 9:50 AM Aqua Fusion Main Pool No Maximum		9:05 AM - 9:50 AM Aqua Fusion Main Pool No Maximum		
5:30 PM - 6:15 PM DEEP Water Main Pool Maximum 25		5:30 PM - 6:15 PM DEEP Water Main Pool Maximum 25	<ul style="list-style-type: none"> • All equipment is provided. You are welcome to bring your own equipment to each class. • Teens ages 13-15 may participate in fitness classes if accompanied in the class by an adult. • Modifications to exercise and varying intensity levels are offered. * Punch Passes are available for \$50 for 12 classes. If the participant has an active Grove membership there is a \$45 punch pass available. 		

Class Descriptions

Shallow Water & Current Channel | Water Depth: 3 1/2-5 feet

Cardio H2O: Travel from shallow to deeper water using water resistance to improve your cardiovascular and muscular endurance and increase strength.

Aqua Fusion: Fun, low-impact, cardio exercises that will strengthen your flexibility, balance and coordination. Class is recommended for those who are new to exercise, recovering from injuries, or have any other physical limitations. Class varies by intensity level at the discretion of the instructor.

DEEP Water: Aqua belts and shoes provide. Great for full range of motion exercise! Access & Exit class via step ladder.

A.C.T. Aquatic Circuit Training: Fast, Fun calorie burning circuit classes! BRING WATER! Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building & muscle endurance.

River Blast: Maximize your strength, and core stability in this unique class that utilizes our current channel and vortex to create a powerful resistance workout.

Lap Lanes | Water Depth: 4 to 6+ feet

Process to Participate

- Class is held on a first come, first serve basis.
- Participation Pass are required for Some classes.
- Give participation pass to instructor prior to class for attendance.

Aquatic Fitness Pool Policy

- Participants must wait for the instructor and lifeguard to be on duty before entering the water and immediately exit the pool once class has finished.
- The maximum number of participants per class is listed below each class.
- Once all participation pass have been distributed, the class has reached its maximum capacity and you will be denied access to the class.
- Instructors will not be allowed to grant access when maximum numbers have been reached due to pool safety ratios and overall space for an effective workout for each participant in the pool.

Playfrisco.org

Facebook/PlayFrisco

For additional information call 972-292-6600.

Classes/Times/Pool Space/Instructor are subject to change

Date revised: 08/17/21

2022 Aqua Fitness Holidays

May 30, 2022	Memorial Day
July 4, 2022	Independence Day
September 5, 2022	Labor Day
Nov. 23 & 24, 2022 Nov. 25, 2022	Thanksgiving
December 22, 2022 Through January 3, 2023	Winter Holidays
Observe Holiday	Open swim hours

All Aqua Fitness class holidays are subject to change. Additional days may be added, and notification will be given in future editions of the Aqua Fitness schedule.