



INDOORS



OUTDOORS

Aquatic Exercise Schedule Summer

May 30 to August 3 2023!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:40 AM Aqua Fusion Sophie Warm Water Maximum 10		7:00 AM - 7:40 AM Aqua Fusion Sophie Warm Water Maximum 10			7:15 AM to 8:00 AM River Blast B.J. Current Channel No Maximum
	8:05 AM - 8:45 AM BOGA Grace Lagoon - Outdoors Maximum 10		8:05 AM - 8:45 AM H.I.I.T. High Intensity Interval Training Lagoon - Outdoors No Maximum		
4:40 PM to 5:25 PM DEEP Water B.J. Main Pool Maximum 25	9:05 AM - 9:50 AM Cardio H2O Grace Lagoon - Outdoors No Maximum	4:40 PM to 5:25 PM DEEP Water B.J. Main Pool Maximum 25	9:05 AM - 9:50 AM Cardio H2O Grace Lagoon - Outdoors No Maximum		
5:30 PM - 6:15 PM DEEP Water B.J. Main Pool Maximum 25		5:30 PM - 6:15 PM DEEP Water B.J. 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.

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.

HIIT: Brief bursts of High Intensity Interval Training workout followed by a recovery period. Improve flexibility, build strength and burns massive calories. It offers low impact cross training, full body workout...and it's fun.

BOGA FIT: Combines Pilates & Yoga moves. A multi level high intensity aquatic experience that benefits Strength, Balance, Flexibility, Coordination and Core. Boga is FREE for members. Residents and non-members is \$10.00 per class Check in at front desk required.

Lap Lanes | Water Depth: 4 to 6+ feet Lagoon | Water Depth: 4 to 4 feet 6 inches

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: 04/28/22

What's Open in the Pool?



Scan the QR code for an online update to check at your convenience or to sign up for automatic updates when things close unexpectedly.

2023 Aqua Fitness Holidays

May 29, 2023	Memorial Day
July 4, 2023	Independence Day
September 4, 2023	Labor Day
Nov. 23 & 24, 2023	Thanksgiving
Nov. 25, 2023	
December 23, 2023	Winter Holidays
Through	
January 3, 2023	

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.