

TOTAL FITNESS CONNECTION

RUSSELLVILLE ROAD FACILITY

GROUP AQUATIC SCHEDULE

JULY 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Aqua Cardio & Tone Rachel	H2O Cardio Rachel	Aqua Fit Kim	Aqua Interval Rachel	Nautical Noodles Danielle	
9:00 am						Saturday Splash Variety
9:30 am	Aqua Abs Rachel		Aqua Tone Kim		Aqua Abs Deanna	
9:45 am	Senior H2O Amy		Senior H2O Rachel		Senior H2O Deanna	
Evening Classes						
5:30 pm	Aqua Cardio & Tone Melissa M.	Aqua Fit Cassandra		Aqua Interval Danielle		

AQUA FIT: Change your fitness routine a little and exercise in the pool! This class offers a high intensity/low impact workout and will definitely get your heart rate up (60 minutes).

AQUA TONE: This 15 minute class will get you strengthening and toning your body in the water. Cool, huh?

SENIOR H2O: Come enjoy a low impact workout with a mature group of folks! This class combines cardio and toning for a total body workout designed for seniors (60 minutes).

H2O CARDIO: If you love cardio, this class is for you. Come get your heart rate up as you move through various water exercises to some great music (60 minutes).

SATURDAY SPLASH: Enjoy a water workout every Saturday with a variety of our TFC instructors! (60 minutes)

AQUA CARDIO & TONE: Join us for not only a cardiovascular but also a toning workout with a resist-a-bands and other tools for a head-to-toe workout (60 minutes).

AQUA INTERVAL: This class uses intervals of cardio and toning to give you a great total body workout. Lots of variety and lots of fun! (60 minutes)

AQUA ABS: A 15 minute Ab workout in the pool for those wanting to tone and strengthen their abdominals.

NAUTICAL NOODLES: Have fun in this class and get a great cardio workout all with the noodles (60 minutes).