



Summer Water Aerobics Schedule (starts May 31st)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Aqua Yoga Indoor - Shallow Sidra		Aqua Yoga Indoor - Shallow Sidra	Cardio H2O Indoor - Shallow BJ		
8:00AM	Cardio H2O Outdoor Pool Maria	Cardio H2O Outdoor Pool Taralee	Aqua Fit Outdoor Pool Tina	River H2O Outdoor Pool BJ	River H2O Outdoor Pool Kazette	Cardio H2O Indoor - Shallow Kazette
9:00AM		Deep-Water Aerobics Indoor- Deep Amy		Deep-Water Aerobics Indoor- Deep Taralee	Deep-Water Aerobics Indoor- Deep Kazette	Deep-Water Aerobics Indoor - Deep Kazette (max 24)
10:00AM					Deep-Water Aerobics Indoor- Deep Fran	Deep-Water Aerobics Indoor - Deep Kazette (max 24)
11:00AM			Deep-Water Aerobics Indoor - Deep Kay		<p style="text-align: center;">Announcements</p> <p style="text-align: center;">Coming this fall Tai Chi & Parkinson's Regeneration</p> <p>BOSU and Surge certification courses at the Apex Centre! Find a class here: https://www.bosu.com/find-a-course https://www.surgestrong.com/find-a-course</p> <p>Have any group exercise questions, email: nthorpe@mckinneytexas.org</p>	
7:00 PM		Mind & Body Boga Indoor - Deep Phyllis				
7:30 PM	Deep-Water Aerobics Indoor - Deep BJ			Deep-Water Aerobics Indoor - Deep Kazette		

CLASS DESCRIPTION:

Cardio H2O: A low-impact high-intensity shallow water workout, designed to increase your heart rate and keep you moving. (All levels)

Aqua Fit: A Shallow-water workout designed to build strength, tone muscles, and increase endurance. (All levels)

Aqua Yoga: A gentle yoga class which is taught in approximately chest-deep water. This class utilizes the water, the pool wall, and pool noodles to provide feedback and support for a unique yoga practice. Both beginners and experienced yoga practitioners can gain from this modality that combines challenge and comfort. (All levels)

Deep-Water Aerobics: A low-impact cardio conditioning workout. This class will help you improve muscle tone and balance, giving you a full body workout. Flotation devices are provided. (All levels). Classes are capped at 16 for 2 lanes and 24 for 3 lanes (see schedule for each capped class). Capped classes are first come first serve. Come early.

Mind & Body Boga: A water workout utilizing traditional yoga and Pilates moves along with some traditional workouts like burpees, pushups and sit-ups, but on a special BOGA Fitmat. Achieve a core-body workout by practicing controlled instability. Each participant is responsible for setting up their BOGA board before class. **Please arrive early to set up your board.** If you wear a swim suit, it is recommended that you also wear thigh length shorts. (All levels)

River H2O: A water workout using our current channel to build strength, core stability, and endurance. (All levels)

Outdoor Summer Solstice Yoga June 21st from 5:15 – 6:15P.M. (registration required)