



Water Aerobics Schedule (starts Nov. 1st)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30A.M.		Aqua Zumba Indoor - Shallow Taralee		River H2O Indoor - River BJ		
8:00A.M.	Aqua Yoga Indoor - Shallow Sidra		Cardio H2O Indoor- Shallow Maria		Cardio H2O Indoor - Shallow Kazette	Cardio H2O Indoor - Shallow Kazette
9:00A.M.	Cardio H2O Indoor - Shallow Maria	Cardio H2O Indoor - Shallow Taralee	Aqua Fit Indoor - Shallow Tina	Cardio H2O Indoor-Shallow Deana	Deep-Water Aerobics Indoor - Deep Kazette	Deep-Water Aerobics Indoor - Deep Kazette (max 24)
10:00A.M.		Deep-Water Aerobics Indoor - Deep Amy		Deep-Water Aerobics Indoor - Deep Amy	Deep-Water Aerobics Indoor - Deep Fran	Deep-Water Aerobics Indoor - Deep Kazette (max 24)
11:00A.M.			Deep-Water Aerobics Indoor - Deep Kay		Announcements Free Senior Traditional Boxing Demo Dec. 2 nd @ 2P.M. (registration required) Free Senior Aqua Boxing Demo Dec. 3 rd @ 10A.M. (registration required) Have any group exercise questions, email: nthorpe@mckinneytexas.org	
7:30P.M.	Deep-Water Aerobics Indoor - Deep BJ			Deep-Water Aerobics Indoor - Deep BJ		

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)

Aqua Zumba®: blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

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.

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

Sign up for our Holding It For the Holidays Fitness Challenge (Starts Nov. 18th)
 (\$20/members - registration required)