

Winter Aqua Group Fitness Schedule: January 9 – June 15, 2012 ~ Updated 1/03/2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 am						70 Minute River Blast & Sculpt PLUS!	
8:30 am	Aqua Tone	River Blast & Sculpt	Aqua Deep	River Blast & Sculpt	Aqua Tone		
9:30 am	Intense Aqua	Aqua Tone	Intense Aqua	Aqua Tone	Intense Aqua		
10:30 am	Ageless Aqua	Arthritis Foundation Aquatics	Ageless Aqua	Arthritis Foundation Aquatics	Ageless Aqua		
11:30 am	30 Min. Ab Lab		30 Min. Ab Lab				
7:00pm	Aqua Tone	River Blast & Sculpt	Intense Aqua	River Blast & Sculpt			
				<i>Pre/Post Natal Aquatics (Registration Required)*</i>			

WATER WALK in the Lazy River:

Monday, Wednesday, and Friday from 7:00-9:00am & Tuesday, Thursday from 6:00pm-7:00pm

Participants have access to walk the lazy river with supervision by a lifeguard, no equipment may be used.

Important Land & Aquatic Fitness Program Notes – Winter 2012

- Space and equipment will be on a first come, first served basis.
- For AM Aquatic Fitness classes, participants can sign up for a class 30 minutes prior in the class in the Aquatic Center at the spa, to reserve their space and equipment.
 - Participants may only sign up themselves.
- Participants must be at least 14 years of age to participate on their own (12 & 13 year olds can participate in the class if a parent is actively participating in the class with them).
- Aqua Participants: Remember proper footwear for ALL classes, including aqua socks or water shoes for River classes.
- Drink water before, during, and after class.
- Bring a towel, water bottle and a lock for your valuables.
- Intensity Levels for the aquatic classes are listed with Class Descriptions available at Summit front desk or online.
- Fitness instructors will give modifications to accommodate all fitness levels – please tell the instructor if you are new to a class.
- We reserve the right to cancel classes due to low enrollment.

No Aqua Fitness March 3, May 28, Jun 9, and Jun 16.

*Additional fee for classes which require registration.

Please see the Discover Brochure or Front Desk Staff for more information.