

# Fitness Class Schedule

Effective October 15, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:15 AM <b>Land Step</b> Fitness Studio Sandra		6:45 AM <b>Band Stretch &amp; Resistance</b> Fitness Studio Sandra	
7:00 AM <b>Aqua Strides</b> Rec Pool Sandra	7:00 AM <b>Yoga</b> Fitness Studio Kristi	7:30 AM <b>Shallow Water "Wild-Card" Fitness</b> Rec Pool Sandra	7:00 AM <b>Yoga</b> Fitness Studio Kristi		
8:00 AM <b>Aqua Step</b> Competition Pool Sandra				8:00 AM <b>Deep Water Interval</b> Competition Pool Sandra	8:00 AM <b>Shallow Water Fitness</b> Rec Pool Meredith
9:00 AM <b>Deep Water Fitness</b> Competition Pool Bonnie	9:00 AM <b>Water Spin</b> Competition Pool Sarah	9:00 AM <b>Shallow Water Fitness</b> Competition Pool Anne	9:00 AM <b>Water Spin</b> Competition Pool Sarah	9:00 AM <b>Shallow Water Fitness</b> Competition Pool Sandra	
10:15 AM <b>Low Impact Water Fitness</b> Rec Pool Bonnie		10:15 AM <b>Range of Motion Fitness</b> Rec Pool Anne		10:15 AM <b>Low Impact Water Fitness</b> Rec Pool Anne	10:00 AM <b>Zumba</b> Fitness Studio Liz
11:00 AM <b>Shallow Water Fitness</b> Rec Pool Bonnie		11:00 AM <b>Aerobics @ 11</b> Rec Pool Anne		11:00 AM <b>Shallow Water Fitness</b> Rec Pool Anne	
	12:15 PM <b>BOGA Core</b> Competition Pool John				
4:30 PM <b>Pilates</b> Fitness Studio Sarah	4:30 PM <b>Yoga</b> Fitness Studio Sarah	4:30 PM <b>Pilates</b> Fitness Studio Sarah			
5:30 PM <b>Zumba</b> Fitness Studio Liz	5:30 PM <b>Pilates</b> Fitness Studio Sarah	5:30 PM <b>Yoga</b> Fitness Studio Sarah			



**CORNERSTONE  
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# Fitness Class Descriptions

**Aqua Step**—This class uses a step platform to improve cardiovascular fitness and strengthen the lower body. Step can combine high and low-impact moves and is a great alternative to traditional cardio classes.

**Aqua Strides**—Water walking burns more calories than walking on land and has low impact on your joints. This is a great way to strengthen your body at your own pace!

**Band Stretch & Resistance**—This basic stretching routine targets the muscles of your hips, legs, chest and back. You will be using a resistance band or tube, which will allow you to deepen your stretch and increase your flexibility.

**BOGA Core**—This quick, 30-minute workout will get your blood pumping! Each class will focus on cardio and core work. This class is on our BOGA Board in the Competition Pool!

**Deep Water Fitness**—Take a load off your feet and join us in a deep water class! Using a waist support, this class will release joint pressure and give you a great workout at the same time!

**Deep Water Interval**—Deep Water Interval is appropriate for all fitness levels and is a wonderful way to prevent overuse injuries by cross training. Flotation belts are used to maintain a suspended position for a variety of aerobic and strength training exercises in deep water.

**Land Step**—This class uses a step platform to improve cardiovascular fitness and strengthen the lower body. Step can combine high and low impact moves and is a great alternative to traditional cardio classes.

**Low Impact Water Fitness**—This is a great class to keep your muscles moving. With the use of noodles and weights this low impact class will keep you thinking and moving while having minor impact on your joints.

**Pilates**—This class focuses on developing core strength, flexibility, balance and stamina. Participants learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. No previous Pilates experience is necessary to join a mat class.

**Shallow Water Fitness**—Wake up and start your day with a comprehensive workout! This class includes stretching, toning, and core work. Feel refreshed and energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!

**Shallow Water “Wild Card” Fitness**—You’ll get a different workout every time with this “instructor’s choice” fitness class. Appropriate for all fitness levels.

**Water Spin**—A great cardio workout on an indoor cycling bike in the competition pool. Use the water as your resistance in this heart-pumping class!

**Yoga**—This class concentrates on physical health and mental well-being. Yoga combines bodily postures and breathing techniques to bring about a sound, healthy body and a clear, peaceful mind. This class is great for all fitness levels.

**Zumba**®—This dance fitness class mixes low- and high-intensity moves for an interval-style total-body workout, combining all elements of fitness — cardio, muscle conditioning, balance and flexibility — for a calorie-burning fitness party. It’s exercise in disguise!



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[www.cornerstoneaquatics.org](http://www.cornerstoneaquatics.org)