

# Fitness Class Schedule

Effective November 18, 2019

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|---|--|---|---|
|  | 7:00 AM<br><b>Yoga</b><br>Fitness Studio<br>Kristi                  |   | 7:00 AM<br><b>Yoga</b><br>Fitness Studio<br>Kristi                     |   |   |
|  |   |   |  |   |   |
| 9:00 AM<br><b>Deep Water Fitness</b><br>Competition Pool<br>Bonnie | 9:00 AM<br><b>Deep Water Interval</b><br>Competition Pool<br>Sandra | 9:00 AM<br><b>Shallow Water Fitness</b><br>Competition Pool<br>Anne | 9:00 AM<br><b>Shallow Water Surprise</b><br>Competition Pool<br>Sandra | 9:00 AM<br><b>Deep Water Interval</b><br>Competition Pool<br>Sandra | 9:30 AM<br><b>Shallow Water Fitness</b><br>Competition Pool<br>Sandra |
| 10:15 AM<br><b>Low Impact Water Fitness</b><br>Rec Pool<br>Bonnie  | 10:15 AM<br><b>Shallow Water Surprise</b><br>Rec Pool<br>Sandra     | 10:15 AM<br><b>Low Impact Water Fitness</b><br>Rec Pool<br>Anne     | 10:15 AM<br><b>Low Impact Water Fitness</b><br>Rec Pool<br>Sandra      | 10:15 AM<br><b>Low Impact Water Fitness</b><br>Rec Pool<br>Anne     | 10:00 AM<br><b>Zumba</b><br>Fitness Studio<br>Liz                     |
| 11:00 AM<br><b>Shallow Water Fitness</b><br>Rec Pool<br>Bonnie     |   | 11:00 AM<br><b>Shallow Water Fitness</b><br>Rec Pool<br>Anne        |  | 11:00 AM<br><b>Shallow Water Fitness</b><br>Rec Pool<br>Anne        |   |
|  |   |   |  |   |   |
| 4:30 PM<br><b>Boot Camp</b><br>Fitness Studio<br>Mario             | 4:30 PM<br><b>Yoga</b><br>Fitness Studio<br>Sarah                   | 4:30 PM<br><b>Yoga</b><br>Fitness Studio<br>Sarah                   | 4:30 PM<br><b>Boot Camp</b><br>Fitness Studio<br>Mario                 |   |   |
| 5:30 PM<br><b>Zumba</b><br>Fitness Studio<br>Liz                   | 5:30 PM<br><b>Pilates</b><br>Fitness Studio<br>Sarah                | 5:30 PM<br><b>Zumba</b><br>Fitness Studio<br>Liz                    | 5:30 PM<br><b>Indoor Cycling</b><br>Fitness Studio<br>Mario            |   |   |
|  |   |   |  |   |   |

\* All classes are 45 minutes unless otherwise indicated



**CORNERSTONE  
AQUATICS CENTER**

# Fitness Class Descriptions

**Boot Camp**— This class is designed to push participants harder than they'd push themselves and keep the body guessing by mixing calisthenics and body weight exercises with cardio and strength training.

**Cardio / Strength Surprise**— You'll use a variety of workout styles and exercise equipment during this hour-long, low-impact "instructor's choice" fitness class. Bring your sneakers and your sense of adventure!

**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.

**Indoor Cycling**— This class is a great cardiovascular workout. Pedal through hill climbs, sprints and many other challenging drills and exercises. All levels are welcome.

**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!

**Water Spinning**— A great cardio workout on a spin 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!



**CORNERSTONE  
AQUATICS CENTER**

55 Buena Vista Road, West Hartford, CT 06107

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