	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30AM-11:30 PM					Aqua Pilates Low Impact Tara	
11:30 –12:30 PM					Aqua Pilates Low Impact Tara	
12:00-1:00 PM		Aqua Aerobics High Impact		Aqua Aerobics High Impact		
1:00-2:00 PM		Aqua Toning Low Impact		Aqua Toning Low Impact		
1:30-2:30 PM	Aqua Aerobics High Impact Zac		Aqua Aerobics High Impact Zac			
4:15-5:15 PM		Aquacize Elizabeth		Aquacize Sandy		
5:15-6:15 PM		Aquacize Elizabeth		Aquacize Sandy		
5:30 – 6:15 PM	HiH$_2$0's Elizabeth		Water Zumba Elizabeth (Ends at 6:30)			

Water Aerobics Schedule Fall 2017

Aqua Aerobics- High Impact
Water aerobics benefits your body by providing 12 times the resistance of land-based classes, yet only placing 10% of the stress and strain on your body. A cardiovascular workout.

Aquacize
This class focuses on flexibility, range of motion, and strength training using pool resistance equipment.

Aqua Toning-Low Impact
An all-around workout for non-weight bearing exercises in the pool. This water class is great for building a strong heart, lung muscles, and increasing flexibility. Barbells, resistance gloves, and noodles are used.

Aqua Pilates
Adapted for the water to improve stability, balance. posture, flexibility and core strength. This class incorporates tranquil music with flowing moves and breathing techniques to promote well-being and reduce stress.

HiH$_2$0's
Make waves with this fun, high energy water workout. The resistance from the water makes this liquid workout feel more intense but with minimum impact on your joints and maximum benefits.

Water Zumba
Water aerobics incorporating a mixture of latin dance rhythms. We're taking the zumba experience from land to water.

The Wellness Center at Berkeley Medical Center

The Wellness Center 304.264.1232
WellKIDS Center 304.264.1378