

Draper Recreation Center - Aquatic Group Fitness Schedule

CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM							
7:05 AM							
8:05 AM							
9:05 AM		Aqua H.E.A.T. Shallow & Deep <i>Aapree R.</i>	Shaloo Cardio Shallow <i>Valerie B.</i>	Cardio Strength Interval Shallow & Deep <i>Aapree R.</i>	Interval Toning Shallow <i>Charity P.</i>	Tabata Shallow <i>Charity P.</i>	
10:05 AM		3-2-1 Go! Shallow & Deep <i>Val J.</i>	Shallow/Deep Combo Shallow & Deep <i>Valerie B.</i>	Aqua Barre Shallow & Deep <i>Val J.</i>	Seniors Shallow & Deep <i>Charity P.</i>	Aqua Burn Deep <i>Charity P.</i>	
11:05 AM							
12:05 PM							
6:05 PM							
7:35 PM		Tsunami HIIT Fit Lap Pool <i>Aapree R.</i>					
8:05 PM							
9:05 PM							

Holiday Hours

Check with the front desk or online for our holiday hours.

Indoor Lap Pool Classes

Classes highlighted in **BLUE** are held in Lane 5, 6, 7 & 8 in the indoor lap pool (see class schedule above for specific area).
Classes highlighted in **YELLOW** are held in Lane 1 & 2 in the indoor lap pool.
All classes are 50 minutes in length.

Inclement Weather Policy

Outdoor pool classes will be cancelled due to lightning, thunder, heavy rain or snow (inclement weather). No make up classes will be offered.

Outdoor Pool Classes

Classes highlighted in **BLUE** are held in Lane 5, 6, 7, & 8 in the outdoor pool during 50 meter lap swim time (see class schedule above for specific area).
Classes highlighted in **RED** are held in Lane 1 & 2 in the outdoor pool during 50 meter lap swim time.
All classes are 50 minutes in length.

Draper Recreation Center - Aquatic Group Fitness Class Descriptions

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Tsunami 50/50	Tabata	Tsunami HIIT Fit	Aqua Barre
<p>"Tsunami 50/50" will keep you on your toes. A 50/50 class but you never know what half you'll get. This class will do it all and never be the same!</p> <p>*Cardio/Stretch *Pilates/Yoga *Yoga/Strength *Core/Cardio</p>	<p>"Tabata" is high-intensity training, also known as 20/10. This class includes short intense periods of aerobic and anaerobic exercises. A great way to tone the muscles and help achieve optimal fitness levels.</p>	<p>"Tsunami HIIT Fit" is the most fun and challenging class ON the water. We'll burn major calories, build lean muscle, strengthen the core and improve balance and posture in this high intensity low impact full body workout. It's the most fun you'll have exercising in or out of the pool. Great for any age and fitness level. Tsunami HIIT Fit is making a big wave in aquatic fitness. Come get wet, sweat and join our instructor (Aapree) for an incredible workout!</p>	<p>A ballet inspired fun way to get a resistance-based workout in while avoiding stress on the joints.</p>
Cardio Strength Interval	Cardio Fun (Tsunami)	Shallow Cardio	Shallow/Deep Combo
<p>"Cardio Strength Interval" utilizes multiple types of intervals designed to improve VO2 max but never neglecting the strength component of your overall fitness.</p>	<p>"Cardio Fun (Tsunami)" is a fun mix of cardio and balance, all on the tsunami fitness boards.</p>	<p>A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. Exercises are performed to energizing music and are easy to follow for all skill levels.</p>	<p>This is a full body workout with a combination of cardio respiratory, muscle conditioning, and interval training. Exercises will be performed in both shallow and deep water and can be performed at the comfort and level of each individual.</p>
Aqua H.E.A.T.	3-2-1 Go!	Seniors	Interval Toning
<p>Get ready to crank it up with this High Energy Aquatic Training (Aqua H.E.A.T.) class. We'll jump, kick, and jab (plus more) our way through this high powered full body aquatic workout. You'll get a great cardio boost with a good calorie burn, all while strengthening and toning in both shallow and deep water. The natural resistance and low impact of the water will keep you working hard and feeling energized. Get ready to sweat, even in the water! Come join our instructor, Aapree! Water aerobics never was so fun!</p>	<p>"3-2-1 Go!" involves intervals of cardio, strength and core, reaching all ability levels.</p>	<p>"Seniors" focuses on building and improving strength and cardiovascular endurance, with gentle resistance from both shallow and deep water.</p>	<p>"Interval Toning" is training that involves high-intensity periods followed by lower intensity. This class helps build muscle to tighten and tone the entire body.</p>
Aqua Burn	Tsunami Fitness Classes		Traditional Aquatic Group Fitness Classes
<p>"Aqua Burn" consists of two (2) parts; aqua jogging and lower body toning. Aqua jogging will mimic jogging on land; this is a great form of cardiovascular exercises. Lower body toning will strengthen both the legs and core.</p>	<p>Reservations are required for all tsunami fitness classes (highlighted in yellow). The purpose behind reservations for these classes is to ensure that all participants have a tsunami fitness board to use. Tsunami fitness classes are limited to eight (8) participants in the indoor lap pool, and ten (10) participants in the outdoor pool.</p>		<p>No reservations are required for "traditional" aquatic group fitness classes (highlighted in green). However, please be aware that other patrons may be able to provide all desired equipment at all times. Lane space during aquatic group fitness classes may vary each day depending on the overall pool schedule.</p>
<p>Aquatic Group Fitness classes are included in center and all-county memberships. A day pass must be purchased if patrons do not utilize a membership. Participants must be at least 16 years old to participate in group fitness classes, unless otherwise authorized by the instructor.</p>			