

# Water Fitness Schedule

Effective: Jan 1 2025

Monday	
Time	Class   Instructor
8 am	Aqua Therapy   Dave
9 am	Shallow Water   Lisa
7 pm	tAQUAta   Jessica

Tuesday	
Time	Class   Instructor
8 am	Aqua Therapy   Dave
9 am	Shallow Water   Lisa
7:15 pm	Water Polo   Aldo

Wednesday	
Time	Class   Instructor
8 am	Aqua Therapy   Dave
9 am	Shallow Water   Carol
7 pm	Aqua Zumba Jessica & Addy

Thursday	
Time	Class   Instructor
8 am	Aqua Therapy   Dave
9 am	Shallow Water   Lisa
7 pm	Deep Water   Katherine

Class Descriptions
<b>Aqua Therapy:</b> Low impact exercises taught in shallow water for all ages and abilities. Designed to tone and condition the whole body, aqua therapy improves range of motion, flexibility, balance, and cardio strength.
<b>Shallow Water:</b> This head to toe workout helps build muscle strength, balance, and stamina while easing stiff joints and improving social stimulation. This all ages and abilities class is recommended if land workouts are too challenging.
<b>tAquaTa:</b> Aqua + Tabata = tAQUAta. Using Tabata's High Intensity Interval Training (HIIT), this class improves cardio and metabolic systems with a full-body strength workout. Exercises use the natural resistance of shallow water.
<b>Aqua Zumba:</b> Zumba—Latin-inspired, easy-to-follow, calorie-burning, dance party—with a splash! This safe and challenging shallow water workout improves cardio condition and body tone with exhilarating fun!
<b>Deep Water:</b> Taught in deep water with floatation belts, water dumbbells, and other equipment, this full-body workout has zero impact on the joints while improving cardio and strength fitness.
<b>Log Rolling:</b> Improve your coordination, balance, core and lower-body strength and foot-work while trying to stay upright on specially designed floating logs.
<b>Water Polo:</b> Practice water polo basics while improving physical stamina. Practices end with scrimmage play.

Friday	
Time	Class   Instructor
8 am	Aqua Therapy   Dave
9 am	Shallow Water Cristi & Linda
6:30 pm	Log Rolling   Dave

Saturday	
Time	Class   Instructor
8 am	Aqua Zumba Jessica & Addy
12 pm	Log Rolling   Dave

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.



**Northwest Rec Center**  
 1255 West Clark Ave  
 Salt Lake City, UT 84116  
 (385) 468-1305