

# SOUTH JORDAN WATER FITNESS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6 - 7 am</b>	<i>Beckee</i> Full Body Workout	<i>Tamara</i> Advanced Body Conditioning	<i>Beckee</i> Full Body Workout	<i>Tamara</i> Advanced Body Conditioning	<i>Marsha</i> The Works	
<b>7 - 8 am</b>		<i>Heidi</i> Total Body Circuit		<i>Heidi</i> Total Body Circuit		
<b>8 - 9 am</b>		<i>Heidi</i> Total Body Circuit		<i>Heidi</i> Total Body Circuit		<i>Trinette</i> Into The Deep
<b>3 - 4 PM</b>		<i>Trinette</i> Full Body Workout	<i>Trinette</i> Full Body Workout		<i>Trinette</i> Full Body Workout	

Water exercise programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water.

# **WATER FITNESS CLASS DESCRIPTIONS**

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## **Advanced Body Conditioning:**

This class offers a deep water workout, focusing on muscle conditioning and toning. It includes an advanced core workout, targets posture improvement, and promotes cardiovascular endurance.

## **Full Body Workout:**

A workout designed to target each part of your body and leaves you feeling strong and mobile.

## **In the Deep:**

Take the impact out of your workout using water resistance for a great fat burning and muscle toning cardio routine. This class is taught in the deep end of the pool with floatation belts provided.

## **The Works:**

This is an overall body conditioning class with both deep water and shallow water routines - adding head to toe muscle toning. The Works is a great class for anyone wanting a full water workout.

## **Total Body Circuit:**

This class is a full body conditioning class alternating between cardio and strength. It will utilize both the shallow and deep water.