

South Jordan Fitness & Aquatic Center

Water Fitness Class Schedule

Effective May 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:35-7:30AM		Advanced Body Conditioning Tamara		Advanced Body Conditioning Tamara		
7:35-8:30AM	Low Impact Splash Beckee	Total Body Circuit Ann	Total Body Circuit Heidi	Total Body Circuit Ann	The Works Marsha	
8:35-9:30AM	Full Body Workout Beckee	Aqua Cardio Beckee	In the Deep Leo	Aqua Cardio Beckee	Full Body Workout Trinette	
9:35-10:30AM		Low Impact Splash Beckee	In the Deep Leo	Low Impact Splash Beckee	Full Body Workout Trinette	

Water exercise programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water. Classes are 55 minutes long. Classes, schedules and instructors are subject to change without notice. Please see back side for class descriptions.

Water Fitness Class Descriptions

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

Aqua Blast: A high intensity water workout to blast away those calories.

Aqua Cardio: This is an intense cardio and strength class perfect for any fitness level. Interval cardio will be used with the aid of flotation belts, cuffs, hand buoys, and resistance tubing.

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 flotation belts provided.

Low-impact Splash: Activate your urge for variety! Splash offers fun, deep water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination.

The Works : The Works is an overall body conditioning class with both deep water & 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 & Strength. It will utilize both the shallow and deep water. Hit a plateau? This is the class for you.