

# July 2008 Gold Pass Plan Aquatic Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM		Aquamix		Aquamix	
9:15 AM					Yoqua
9:30 AM		Deep Water		Deep Water	
10:30 AM					Yoqua
3:15 PM	Yoqua		Yoqua		
7:30 PM	Aquamix			Aquamix	
8:30 PM	Aquamix			Aquamix	

## CLASS DESCRIPTIONS

**AQUAMIX** – A COMBINATION OF CARDIO (WATER AEROBICS IN SHALLOW WATER – WAIST TO CHEST DEEP WATER), STRENGTH (WITH NOODLES, BUOYS OR PADDLES) AND MIND/BODY (YOGA FOCUS) FOR A TOTAL EXERCISE EXPERIENCE. GREAT FOR ALL FITNESS LEVELS. ENJOY A FUN SOCIAL GROUP SETTING! 45 MINUTE CLASS.

**DEEP WATER AEROBICS** – AQUATIC FITNESS CLASS PERFORMED AT WATER DEPTHS SO BODY REMAINS IN VERTICAL POSITION AND NOT TOUCHING POOL FLOOR. FLOTATION DEVICES MAY BE USED TO MAINTAIN CORRECT ALIGNMENT. DEEP WATER AEROBICS PROVIDES FOR NO-IMPACT WORKOUT. APPROPRIATE FOR THOSE WHO ARE COMFORTABLE IN DEEP WATER.

**YOQUA** – THIS UNIQUE WATER CLASS USES YOGA AND PILATES BASED CONCEPTS TO STRENGTHEN AND LENGTHEN THE ENTIRE BODY EMPHASIZING ON CORE CONDITIONING, BREATHING, STRENGTH AND FLEXIBILITY.

*Gold pass plan holders may register for classes held in August on Wednesday, July 16,  
at the front desk.*

*Aquatic Fitness Instructors: Patti Mills, Melanie Halsey,  
Thelma Surber, Meghan Hash*

*Please feel free to contact us with any questions or comments at the following:*

*Patti Mills: Fitness Coordinator (276) 223-3522, [pattim@wytheville.org](mailto:pattim@wytheville.org)*

*Melanie Halsey: Assistant Recreation Supervisor Fitness (276) 223-3522, [melanieh@wytheville.org](mailto:melanieh@wytheville.org)*