

All Aqua Fitness Classes Are Included In Your Membership!

TUESDAY

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|---------------|------------------------------|------------------|
| 6am | Aqua Deep | Deep Pool |
| 8am | Water Walking Tai Chi | Main Pool |
| 9:15am | Aqua Bootcamp | Main Pool |
| 11am | Active Agers | Main Pool |

WEDNESDAY

| | | |
|------------|---------------------|------------------|
| 1pm | Active Agers | Main Pool |
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THURSDAY

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| 8am | Water Walking | Main Pool |
| 7pm | Stride and Strength | Main Pool |

Aqua Deep

Break a sweat in the water in this intense cardio workout. All moves executed with no impact. Core and cardio exercises will build strength and improve your fitness level. Flotation belts are used for proper body alignment.

Aqua Bootcamp

This highly challenging class will offer strength and endurance training to give you an excellent cardio and strength workout. Intensity of workout can be increased by adding water resistance tools.

Active Agers

This class is designed to get you moving with low impact. A variety of traveling exercises will offer a cardio workout to improve range of motion, muscular strength and stamina while decreasing stress of the joints.

Stride & Strength

Maximize your strength while toning, lengthening, and defining muscles. Using the natural resistance of the water as well as aquatic weights and exercise equipment, you'll learn how to safely and effectively intensify your aquatic workouts. While all muscle areas are used, focus is on the legs, lower back and core in these medium impact workouts.

Water Walking

Join us for a low-impact, light-intensity workout using the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility. The extra resistance of walking in water allows you to challenge and strengthen your muscles in ways you may not be able to with a land-based routine. This class can strengthen and tone many muscle groups, while burning calories and being gentle on your bones and joints.

Scan Code to download
your own copy of the Schedule.



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