



H₂O-ROBICS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6:45am Turf & Surf(7:45am) Lisa			
8:00 AM	Interval Lori C.	*8:15am Ply-o-Lateral Lori S.	Liquid Iron Lori C.	*8:15am Cuff and Core Lori S.	H ₂ O-Robics Lisa	*8:15am Loud and Proud Lisa	8:15am Turf and Surf Meet in group ex. room
9:15 AM	Liquid Iron Lori .C	Cuff and Core Lori S.	Boot Camp DeDee	Ply-o-Lateral Lori S.	Aqua Zumba® Lisa	Instructor Challenge Lisa	Boot camp Lisa
4:10 PM	Interval Jenny		H ₂ O-Robics Pauline	Liquid Iron Lori C.			
5:00 PM	*5:45pm Masters Swim	H ₂ O-Robics Steph	*5:45pm Masters Swim				

Welcome to the Newport Athletic Clubs Water Aerobics Program!

Our classes are designed to help you achieve your fitness goals without the impact of traditional land based exercise. Water is an excellent medium for cross training to improve your flexibility, strength, and cardiovascular fitness. To get the most out of your workouts, please keep the following in mind:

- New Participants please see the instructor prior to the start of your first class. If you would like to schedule an introductory session prior to attending class please contact Stephanie at the Newport Athletic Club at 846-7723 extension 1036.
- **All** participants should pull chart upon entry and keep health card current. It is also recommended that you consult with your physician before beginning your exercise program. Also let your instructor know if you have any special medical considerations.
- It is recommended that you bring a water bottle to class to keep yourself hydrated during your workout.
- Please inform your instructor if you plan on leaving class early.
- Go at your own pace. If a workout gets to strenuous, or any of the exercises are not comfortable, please feel free to modify or ask the instructor for an alternative. Some of the participants have been coming for a while, so don't feel you have to keep up with anyone. Remember whom you are here for... Yourself!!!
- As a courtesy to the instructor and the other participants please keep talking to a minimum so the other participants can hear.
- If you have any questions, comments, or concerns please don't hesitate to speak with an instructor or contact me at the NAC.
- In Health, Stephanie Synnott (H2o Director), Lori C, Lori S., De Dee, Tracey, Pat, Lisa, Remy, Jenny, and Pauline!!!

Class Descriptions

All classes are taught using a multilevel approach.

A super workout for people of all ages, and levels of conditioning.

Introductory session: Sign up for this special beginner session and learn how to utilize the water to create the workout you need to meet your fitness goals. By appointment contact Stephanie at extension 1036. Sign up today!

CUFF AND CORE: Train your core muscles (abdominals and back) as well as condition your lower body utilizing resistance cuffs on your ankles and the natural buoyancy and resistance of the water. This class is also good for beginners without using the cuffs.

H₂OROBICS: This water workout consists of 30 minutes of fat-burning aerobics, plus strength conditioning exercises utilizing the resistance of the water along with various props. H₂ORobics is the perfect workout for people of all ages and levels of conditioning.

INSTRUCTOR CHALLENGE: Let our instructors challenge you in a variety of different workouts.

INTERVAL STRENGTH: This class uses the resistance of the water along with the intensity of intervals, strength, and cardiovascular training. Intense intervals of cardio and sculpting exercises make this class a complete workout to improve your fitness level.

LIQUID BOOTCAMP: If you want the challenge, motivation and rigor of a bootcamp workout without the impact, try this challenge!

LIQUID IRON: A traditional water aerobics class using hand held weights for the strengthening exercises. The weights are integrated into this workout in order to add a new dynamic to your experience in the water. By using proper technique the goal is to strengthen tone, tighten and build muscle. Work your core to increase balance and stability. Gentle or challenging, you match the weight to fit your needs. Here is your chance to finally pick up those weights in a forgiving environment.

LOUD AND PROUD: If great music helps to motivate you then this is the class for you. Start your weekend off right with this energizing and upbeat workout. You won't believe that fitness can be so fun!

LOW TIDE - HIGH TIDE: This class consists of a warm-up followed by 20 minutes of shallow water work and 20 minutes of deep water work, finishing off with a cool-down and stretch.

MASTERS SWIM: A multi-level one hour swim fitness workout. Swim workouts range in length from approximately 2700 to 3600 yards. Contact Steph at the NAC 846-7723 extension 1036 for more information.

PLY-O LATERAL: This class uses plyometric training to improve coordination and agility. By combining hops, jumps, bounding, and combinations of lateral movement (out from the side), we will balance out our everyday movements and improve stability and posture.

Cardio Core Interval: Train your core muscles (abdominals and back) as well as condition your heart. This class will focus on the technique of Pilates based exercises in the pool along with cardiovascular training to burn fat and condition your body.

TURF AND SURE (Thursdays, and Sundays): Combine the best of both worlds. On Sundays this class starts at 8:15am in the group exercise room with a multi-level Zumba cardio workout and finishes in the pool (starting at 9:15am) with a refreshing water aerobics class. On Thursdays Zumba at 6:45am and a 30 minute aqua Zumba starting at 7:45am. Come to either class or both!

*** ALL H₂O CLASSES ARE 50 MINUTES LONG. PLEASE PLAN TO ARRIVE 5 MINUTES BEFORE CLASS BEGINS.**