



January 2021 Water Fitness Class Schedule

Water Fitness Guidelines

- Class sizes will no longer be limited by capacity or have a reservation system.
- All participants will be required to have a valid Group Fitness Pass to the James City County Recreation Center or have a 10 tab wrist band that can be purchased at the James City County Recreation Center. Day access will not be permitted.
- Classes will still be limited to 50 minutes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10 a.m.	Cardio Linda	Multi-Level Water Exercise Ruth	Cardio Linda	Multi-Level Water Exercise Ruth	Cardio Linda	H2O HIIT FIT Nancy
9:10 a.m.	Cardio Linda	SilverSneakers Splash Ruth	Cardio Linda	SilverSneakers Splash Ruth	Cardio Linda	Cardio Linda
10:10 a.m.	Water Walking Works Judith	Aqua Basics Sarah	Aqua Basics Sarah	Mixed-up Core & More Judith	Water Walking Works Judith	
6:10 p.m.		H2O HIIT FIT Nancy		H2O HIIT FIT Nancy		
*James City County Recreation Center will be Closed on January 1.						

WATER FITNESS CLASS DESCRIPTIONS

Multi-Level Water Exercise

A variety of stretching, toning and cardio exercises designed so everyone can work to their ability and improve Activities of Daily Living. Progressions and alternatives are offered. Try different moves and keep your body toned and burn calories while having fun. Includes targets exercises for hips, shoulders, knees and core.

CARDIO

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility and of course, core. This is an overall body workout that will help increase your endurance, improve balance and leave you with a feeling of good health.

SPLASH / SilverSneakers®

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

H2O - HIIT FIT

Rev up your heart rate with High Intensity Interval Training which will improve your stamina, torch calories and leave you feeling exhilarated.

Aqua Basics

Back to the Basics, But with Fun & Finesse. Aquatic training that everyone enjoys, excellent introduction to aquatic fitness training.

Mixed-up Core and More

Focus on light cardio, low intensity exercise patterns, and core – abdominals, lower back, hips, glutes, and legs. Suitable for all fitness levels. No swim skills needed.

Water Walking Works

Gentle impact class. Walk to a variety of step and arm movement patterns. Increase strength, tone, and endurance without the impact of land exercise. Have fun and move to 40's, 50's & 60's music. Suitable for all fitness levels; new and returning participants. No swim skills needed.