

Water Fitness Classes at BHRC

Time	Monday	Wednesday	Friday
8:30-9:30am	Cardio Crazy Linda	Cardio Crazy Linda	Cardio Crazy Linda
9:30-10:30am	Pool Power Tonya	Pool Power Tonya	Pool Power Tonya
10:30-11:45am	Body, Health, & Life Billie	Body, Health, & Life Billie	Body, Health, & Life Billie
5:30-6:30pm	Deep Benefits Gayle		

Time	Tuesday	Thursday
10:00-10:45am	Light & Lively Linda	Light & Lively Linda
10:30-10:45am	Splash Circuits Tonya	Splash Circuits Tonya
5:30-6:30pm	Cardio Crazy Linda	Cardio Crazy Linda

Revised:
9/26/16

*NOTE: Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.



For More information contact John or Addie at 970-874-0923

Water Fitness Class Descriptions

Cardio Crazy: In this class you'll be challenged with a high energy cardio workout which incorporates large muscle movements and targets joint and range of motion. A variety of equipment adds resistance to routines to gain strength and muscle toning. Fridays are a MYSTERY class for fun and enjoyment. (Intermediate)

Deep Benefits: Medium-High intensity, deep water workout. Flotation belts are available to assist with balance and form. This exciting class focuses on cardiovascular fitness, core strength and toning. The Deep benefits class incorporates upbeat music to erase the day's stress. This class is recommended for individuals that are comfortable in deep water. (Intermediate/Advanced)

Lite-N-Lively: This class is designed for BEGINNERS to build endurance and strength in the water. The first 30 minutes of class are spent doing a low intensity aerobic and muscular workout and the last 15 minutes are spent in the therapy pool for neck and shoulder range of motion. (Beginner)

Body, Health and Life: Come and enjoy a unique combination of aerobic and full body workout. The class uses a variety of equipment will be used to enhance your workout. This is a great class for all ages and levels of fitness. (Beginner/Intermediate)

Pool Power: This class is an intermediate to advanced shallow water aerobic workout that focuses on sculpting and toning those problem areas. Have fun using a variety of "pool tools" increasing water resistance to promote muscular strength, coordination and flexibility. Socialize while doing cardiovascular and muscular endurance. Aqua shoes are recommended but not required. (Intermediate/Advanced)

Splash Circuits: Aquatic equivalent to circuits on land/gym. We will incorporate a wide range of activities and movements using a variety of equipment to target and tone specific muscle groups. While interspersed with cardio activities aimed at improving your aerobic fitness. This is a total body workout. *Water shoes are advantageous.* Bring water to drink. (Intermediate/Advanced)