



AQUATIC FITNESS SCHEDULE

Urbana City Pool

Summer Session 1

June 5th- July 16th



SPLASHDANCE	T/TH	9:00-9:45 AM	Non-Member \$60
Get fit and have fun in the water! We bring the high-energy music and party atmosphere of dance fitness into the pool. If you want the fun of a land dance class without the impact, this class is for you!			
Land YOGA	M/W	10:00-10:55 AM	Non-Member \$30
Focusing on easy, flowing movements, this class incorporates elements of yoga, tai chi and easy-to-follow dance moves done to relaxing music. Start your week on a mellow note!			
H2O MIX	M/W	9:00-9:55 AM	Non-Member \$60
This high intensity deep water exercise program will incorporate water jogging (while wearing a flotation belt), strength training, and abdominal workouts with noodles. Deep/shallow water exercise allows for emphasis on cardio and muscular toning. It's zero-impact, maximum-resistance, to give you the most in a wet workout.			
HYRDO POWER	T/TH	7:00-7:55 PM	Non-Member \$70
With a little creativity, pool workouts can build your athletes' fitness while safeguarding them from overuse injuries. If you are looking for a way to design intense workouts that don't lead to soreness or risk injury, this water workout class will be great for you.			