



# DOME DOWN WEEK

*Fish Out of Water Week!*

We know how much you love our aqua classes, and while we'll still offer some options during Dome Down Week, we also know that April weather can be unpredictable. That's why we're introducing "Fish Out of Water" classes—fun alternatives to keep you moving. Whether you brave the waters or brave a new class, step outside your comfort zone and join the fun!

DAY	CLASS	TIME	STUDIO
 FRIDAY 4/11	CHAIR YOGA	9:00 AM - 9:45 AM	STUDIO 1
 SATURDAY 4/12	AQUA ZUMBA	9:00 AM - 9:45 AM	REC POOL
 MONDAY 4/14	AQUA BOX	8:00 AM - 8:45 AM	REC POOL
 MONDAY 4/14	SCULPT & STRETCH	9:00 AM - 9:45 AM	SPORT COURT
 TUESDAY 4/15	ATHLETIC AQUA INTERVALS	8:00 AM - 8:45 AM	REC POOL
 TUESDAY 4/15	CHAIR YOGA	9:00 AM - 9:45 AM	STUDIO 2
 TUESDAY 4/15	AQUA SCULPT & TONE	6:00 PM - 6:45 PM	REC POOL
 WEDNESDAY 4/16	ZUMBA GOLD	8:00 AM - 8:45 AM	STUDIO 2
 WEDNESDAY 4/16	STUDIO SCULPT & TONE	9:00 AM - 9:45 AM	STUDIO 2
 THURSDAY 4/17	WALKING INTERVALS	8:00 AM - 8:45 AM	SPORT COURT
 THURSDAY 4/17	AQUA SCULPT & TONE	6:00 PM - 6:45 PM	REC POOL
 FRIDAY 4/18	AQUA YOGA	9:00 AM - 9:45 AM	THERAPY POOL



*serving family, fitness & fun!*



# CLASS DESCRIPTIONS

*Fish Out of Water Week!*

## **Chair Yoga:**

Chair yoga is a gentle form of yoga that is practiced while seated in a chair or using a chair for support. This type of yoga is particularly beneficial for individuals who find traditional yoga poses challenging due to balance issues or difficulty getting up and down from the floor.

## **Sculpt & Stretch:**

Sculpt and Stretch is a dynamic fitness class that combines traditional but gentle body sculpting techniques with comprehensive stretching exercises. Participants with all ability levels will have options to sculpt and lengthen their muscles.

## **Zumba Gold:**

Dance the day away with this low impact Zumba class, Zumba Gold. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to dance the day away!

## **Studio Sculpt & Tone:**

Studio Sculpt and Tone is a comprehensive fitness class designed to enhance muscle tone, strength, and flexibility through a combination of exercises participants of all fitness and ability level can complete.

## **Walking Intervals:**

Walking Intervals is a versatile fitness class that combines walking exercises with strength training intervals to provide a balanced workout and increase functional mobility.

*Try something new!*

