



# OCTOBER

## 2022 AQUA CLASSES

<b>MONDAY</b> <b>AT 7:30 AM</b>	<b>AQUA</b> <b>ARTICULATIONS &amp; CARDIO</b> <i>AT MV POOL WITH MICHELE</i>	<b>CLASS DESCRIPTIONS</b> <b>AQUA MIX</b> This is a fun mix of cardio, strength, balance & flexibility all done to fun music to make you smile! Appropriate for all levels of fitness.
<b>TUESDAY</b> <b>AT 7:30 AM</b>	<b>AQUA MIX</b> <i>AT MV POOL WITH ANNAMARIE</i>	<b>AQUA ARTICULATIONS &amp; CARDIO</b> Focuses on full range of movement to help lubricate your joints while having fun & getting some cardio in to elevate your heartrate & body temperature.
<b>TUESDAY</b> <b>AT 9:30 AM</b>	<b>WATER WALKING</b> <i>AT PRESERVE POOL WITH JEANNETTE</i>	<b>HIIT H2O</b> High Intensity Interval Training will get your heart pumping and will take full advantage of the resistance of water. We will jump, run, & SMILE!
<b>WEDNESDAY</b> <b>AT 7:30 AM</b>	<b>HIIT H2O</b> <i>AT MV POOL WITH JEANNETTE</i>	<b>AQUA INTERVALS</b> A combination of strength and cardio exercises done in interval fashion to challenge your cardiovascular system.
<b>THURSDAY</b> <b>AT 7:30 AM</b>	<b>DEEP WATER FUSION</b> <i>AT MV POOL WITH ANNAMARIE</i>	<b>WATER WALKING</b> Dive into the preserve pool and walk your way to less joint pain and better balance, gait, and stamina. We will freestyle walk, do drills and exercises designed to help you walk better for longer and with less pain.
<b>FRIDAY</b> <b>AT 7:30 AM</b>	<b>TOTAL BODY AQUA</b> <i>AT MV POOL WITH KIM</i>	<b>DEEP WATER FUSION</b> The best of both worlds fused together in this fun aqua class. The first part of class will be cardio without the buoyancy belt and the second half of class will consist of cardio & core work in the deep! Bring a good attitude & your smile.
<b>SATURDAY</b> <b>AT 7:30 AM</b>	<b>AQUA INTERVALS</b> <i>AT MV POOL WITH ANNAMARIE</i>	<b>TOTAL BODY AQUA</b> Total Body Aqua is a total-body water workout appropriate for all fitness levels. This class will include cardio, strength training, and balance work while grooving to a variety of music. A variety of equipment will be used.

### HOA2 AQUA CLASSES ARE \$7:

Pay by Member Charge or Unlimited Monthly Fitness Class Pass (workshops, seminars & DV cycling classes excluded, passes are non-transferable & guests not included) SGT Classes are \$10 and not included with the Unlimited Fitness Class Pass.

### CLASS CANCELATIONS:

For class cancellations please contact [Jeannette.Pyle@sbhoa2.org](mailto:Jeannette.Pyle@sbhoa2.org).  
No-Shows will be charged regardless if you have a class pass or not.



SaddleBrooke HOA2  
Fitness and Wellness

**For more information, call the DV Fitness Center at (520) 818-1300**

You will need your SBHOA2 member ID card to access pools. All attendees must have charging privileges or a monthly class pass. For questions please contacting [Jeannette.Pyle@sbhoa2.org](mailto:Jeannette.Pyle@sbhoa2.org). Aqua Classes may be discontinued due to low attendance. Aqua classes will be canceled in the event of rain or if the temperature drops below 40 degrees. Aqua Class Sign-Ups will be limited to 24 people to ensure social distancing.