



SEPTEMBER 2022 AQUA CLASSES

**MONDAY
AT 7:30 AM**

**AQUA
ARTICULATIONS & CARDIO**
AT MV POOL WITH MICHELE

**TUESDAY
AT 7:00 AM**

AQUA MIX
AT MV POOL WITH ANNAMARIE

**WEDNESDAY
AT 7:30 AM**

HIIT H2O
AT MV POOL WITH JEANNETTE

**THURSDAY
AT 7:00 AM**

DEEP WATER FUSION
AT MV POOL WITH ANNAMARIE

**FRIDAY
AT 7:30 AM**

TOTAL BODY AQUA
AT MV POOL WITH KIM

**SATURDAY
AT 7:30 AM**

AQUA INTERVALS
AT MV POOL WITH ANNAMARIE

CLASS DESCRIPTIONS

AQUA MIX

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.

AQUA ARTICULATIONS & CARDIO

Focuses on full range of movement to help lubricate your joints while having fun & getting some cardio in to elevate your heartrate & body temperature.

HIIT H2O

High Intensity Interval Training will get your heart pumping and will take full advantage of the resistance of water. We will jump, run, & SMILE!

AQUA INTERVALS

A combination of strength and cardio exercises done in interval fashion to challenge your cardiovascular system.

DEEP WATER FUSION

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.

TOTAL BODY AQUA

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 CANCELLATIONS:

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

PLEASE USE SIGNUP GENIUS TO RESERVE YOUR SPOT

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 contact 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.