

South Jordan Aquatic & Fitness Center

Water Fitness Classes

Water exercise programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 AM	Circuit Training <i>Susan</i>	Advanced Body Conditioning <i>Tamara</i>	Circuit Training <i>Susan</i>	Advanced Body Conditioning <i>Tamara</i>	Interval Training <i>Susan</i>	
8-9 AM		Aqua Cardio <i>Beverly</i>		Aqua Cardio <i>Beverly</i>		7-8 AM In the Deep <i>Beckee</i>
9-10 AM	In the Deep <i>Hope</i>	Silver Splash <i>Beverly</i>	In the Deep <i>Hope</i>	Silver Splash <i>Beverly</i>	Circuit <i>Hope</i>	
10-11 AM	Aqua Zumba NEW! <i>Shaelynn</i>		In the Deep <i>Hope</i>		In the Deep <i>Hope</i>	
8-9 PM	Aqua Blast <i>Beckee</i>		Aqua Blast <i>Beckee</i>			

Classes are one hour long unless otherwise indicated.

Classes, schedules, and instructors are subject to change without prior notice.

Water Fitness Class Descriptions

Aqua Zumba: NEW!

Combining the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Circuit Training:

Using a variety of exercise stations, we work cardiovascular endurance and muscular strength. This class is taught in a combination of the deep and shallow areas of the pool.

Advanced Body Conditioning:

This class offers a deep water workout, focusing on muscle conditioning and toning. It includes an advanced abs workout, targets posture improvement, and promotes cardiovascular endurance.

Interval Training:

This class focuses on improving both cardiovascular endurance and muscular strength. It is taught in a combination of the deep and shallow areas of the pool.

Aqua Cardio:

This is an intense cardio and strength class perfect for any fitness level. Interval cardio will be used with the aid of flotation belts, cuffs, hand buoys, and resistance tubing.

In the Deep:

Take the impact out of your workout using water resistance for a great fat burning and muscle toning cardio routine. This class is taught in the deep end of the pool with flotation belts provided.

Silver Splash:

Silver Splash offers lots of fun shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required and a special Silver Sneakers kickboard is provided to aid in strength, balance, and coordination improvement.

Aqua Blast:

A high intensity water workout to blast away those calories.