

# W A T E R A E R O B I C S

## Glass Court Swim & Fitness Club Fitness for a Lifetime

### GLASS COURT WATER AEROBIC SCHEDULE EFFECTIVE SEPTEMBER 12, 2011

Fall into fitness with glass courts water aerobic team. Join our certified instructors as they guide and encourage you to harness the power of water. Relieve everyday stress and tension as you maintain or build muscle, endurance and flexibility. As with all exercise classes at Glass Court, our instructors are ready to help you meet your personal goals and needs in a safe, challenging and effective environment. We'll combine water's properties of resistance and drag with noodles, bands, boards, belts and more. Water welcomes participants of all levels and ages. Swimming skills are not required to join class. All exercises can be modified to fit your comfort level. We recommend the use of aquashoes for feet protection and added traction during classes. Please alert your instructor to any special needs or concerns you might have, and as always, check with your doctor before beginning any exercise program.

<b><u>Monday</u></b>	
* 6:00am – 6:50am	Water Wake Up
* 4:00pm - 5:00pm	Water Works!
* 5:30pm – 6:30pm	Muscle Mania
<b><u>Tuesday</u></b>	
* 8:15am – 9:15am	ZigZagZoom
* 9:15am – 10:15am	ZigZagZoom
* 6:00pm – 7:00pm	Waterworks!
<b><u>Wednesday</u></b>	
* 4:00pm – 5:00pm	ZigZagZoom
<b><u>Thursday</u></b>	
* 6:00am – 7:00am	Water Wake Up
* 8:15am – 9:15am	M.A.D.D About Water
* 9:15am – 10:15am	M.A.D.D About Water
* 6:00pm – 7:00pm	Body Basic
<b><u>Friday</u></b>	
* 8:30am – 9:30am	Body Basic
<b><u>Saturday</u></b>	
* 8:30am – 9:30am	Waterworks!

<b><u>Water Wake Up</u></b>
Jump start your day with a refreshing water class that will challenge your cardiovascular system while toning at the same time! All sorts of equipment are used, as well as a variety of music to achieve your fitness goals. Don't feel guilty because of that week splurge; work it off and start your week off right.
<b><u>Muscle Mania</u></b>
Catch the beat, get a rhythm and trace the patterns in this quick-paced, power-packed hour of waterwork. Toning and aerobics combine for a powerful hour of fitness fun. Equipment, including toning bands is used to increase strength and tone.

<b><u>ZigZagZoom</u></b>
Run through the water, skip, hop and kick. Got your motor running with a variety of cardio and strengthening moves. Use the resistance of the water and all sorts of equipment to create a stress deficit and energize your body to face the day ahead.
<b><u>WaterWorks!</u></b>
And so will you! Ski, jack, jump and jive to upbeat music, including show tunes, Classical, Top 40 and old favorites. Harness the powerful resistance of water in a friendly, encouraging environment. Experience aerobics, flexibility and strength work in endless combinations of deep and shallow water using equipment including noodles, belts, bands and boards.
<b><u>Body Basic</u></b>
And so will you in this class that emphasizes correct body alignment, increased flexibility and range of motion. Increase your endurance and heart rate in this hour of low impact aerobics. Challenge your body to reach a new plateau of fitness. This class is for everyone – beginner to long-term water aficionado. Our instructor will challenge you to be the best you can be.
<b><u>M.A.D.D About Water</u></b>
Are you crazy about exercising in the water? If your answer is a resounding YES, then join the rest of us for a low-impact/high-powered workout that will get you MADD. M is for movement, A is for aerobic, D is for definition, and D is for diligence. So pack that swimsuit, grab those aqua shoes and get ready to exercise.
Please note: All classes and instructors are subject to change. The DuPage County Health Department and Glass Court Policy ask that you shower before joining and wear go-everywhere shoes only to the pool door. Participants wearing water exercise shoes are asked to put them on and take them off on the pool deck only. To encourage proper hydration, water bottles will be allowed on deck during class under instructors' supervision. This policy is subject to change