

Aquatics Class Schedule

Effective April 1, 2017

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
9:00am	 aqua ZUMBA	Aqua Fitness	 aqua ZUMBA	Aqua Fitness	Aqua Fitness	Aqua Fitness	
10:15am		Aqua Arthritis		Aqua Arthritis			
6:30pm	 aqua ZUMBA	Aqua Fitness	 aqua ZUMBA	Aqua Fitness			

375 East Cedar Street, Newington, CT. 860-666-8451 www.healthtrax.com

Center Hours: Mon-Thurs: 5:00am-10:00am/Fri: 5:00am-9:00am/Sat & Sun 7:00am-5:00pm

Aqua Zumba® – Heat up the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Aqua Fitness – An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength.

Aqua Arthritis – A gentle water class designed specifically for members with arthritis, chronic pain, or other joint injuries.