

Aquatic

FITNESS SCHEDULE

THROUGH JANUARY 6

	MON	TUES	WED	THURS	FRI	SAT	SUN
8AM		MASTERS SWIM <i>Jon</i>		MASTERS SWIM <i>Jon</i>			
9AM	AQUABIKING & JUMPING <i>Genie</i>						
10AM	TOTAL BODY AQUA WORKOUT <i>Genie</i>		AQUABIKING & JUMPING <i>Genie</i>		DEEP WATER HIIT <i>Genie</i>		
11AM		SILVER SPLASH <i>Genie</i>	AQUA POWER WORKOUT <i>Masha</i>	SILVER SPLASH <i>Genie</i>		AQUA FITNESS CIRCUIT <i>Jovante</i>	WET BARRE <i>Masha</i>



OCEAN REEF CLUB®

A UNIQUE WAY OF LIFE

KEY LARGO, FLORIDA

Aquatic Class Descriptions

AQUA CARDIO BLAST

Fun Cardio water workout followed by interval training with different pieces of equipment.

AQUA FITNESS CIRCUIT

Boot camp style workout using aqua jumps, water bikes, water treadmills and Aqualogix dumbbells and barbells.

AQUABIKING & JUMPING

A continuous and very safe on joints cardio workout for all levels rotating between HydroRider bikes and Trampolines in the water.

AQUA POWER WORKOUT

Cardio workout combined with the AquaLogix Fitness System which is drag resistance.

AQUA TOTAL BODY WORKOUT

Cardio water workout followed by interval training with different pieces of equipment.

DEEP WATER HIIT

High intensity strength and cardio intervals ending with 15 minutes of stretching.

MASTERS SWIM

Swimming workouts and technique instruction provided for all fitness levels.

SILVER SPLASH

Light Cardio, strength, and balance workout ideal for older participants looking to improve overall fitness.

WET BARRE

Work on the concepts of rotation, twisting, opposing movement or pivoting to create full body activation. Includes light cardio and legwork as well as core utilization. Use a noodle or nothing, either way your body's force will be used.

