

# Aerobics Schedule

Aqua Fit	Aqua Zumba	Zumba Gold Land Class
8am-8:50am Tuesday/Thursday/ Friday	7pm-7:50pm Monday/Wednesday	8:30am-9:20am Monday/Wednesday

## Aquatic Classes

### Aqua Fit

This class is in shallow water, low impact, cardio, and strength workout.

### Aqua Zumba

This class is in shallow water, high intensity cardio, and strength low impact workout that is fast paced and set to Latin style music.

## Land Classes

### Zumba Gold

Zumba® Gold is a class that is specially designed to cater to the needs of beginners of all ages, active older adults, and those just starting on their fitness journey. Zumba Gold® is also for those individuals who are new to working out, or who suffer from physical impairment. Unlike normal Zumba classes, Zumba® Gold involves moving at a slower pace. This dancing exercise is associated with many health benefits!

