

## BTSS GROUP FITNESS -AQUA- FALL- SEPT/OCT/NOV

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP SWIM 7:15-8:00 (ET)	AQUA BOOT CAMP 7:15-8:00 (ET)	LAP SWIM 7:15 -8:00 (ET)	AQUA RESISTANCE 7:15-8:00 (AD)	LAP SWIM 7:15-8:00 (ET)
POOL NOODLE 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:15 (BH)	AQUA CIRCUIT 8:30-9:15 (JS)	TOTAL BODY AQUA 8:30-9:15 (ET)	POOL NOODLE WORKOUT 8:30-9:15 (AD)
AUQA INTERVAL 9:45-10:30 (ET)	THERAPY AQUA 9:45-10:30 (BH)	AQUA INTERVAL 9:45-10:30 (ET)	CIRCUIT SPLASH 9:45-10:30 (JS)	ENDURANCE CORE & BALANCE 9:45-10:30 (ET)
ENDURANCE CORE & BALANCE 11:00-11:45 (ET)	AQUA CIRCUIT 11:00-11:45 (AD)	AQUA BARRE 11:00-11:45 (DT)	AQUA BOOTCAMP 11:00-11:45 (ET)	WATER WALKING 11:00-11:45 (ET)
WATER WALKING 12:15-1:00 (AD)	AQUA ENERGY & FLOW 12:15-1:00 (BS)	POOL NOODLE WORKOUT 12:15-1:00 (ET)	AQUA ENERGY FLOW 12:15-1:00 (BS)	AQUA INTERVAL 12:15-1:00 (JS)
POOL PARTY OPEN SWIM 1:30-2:15 (AD)	LAP SWIM 1:30-2:15 (JS)	CIRCUIT SPLASH 1:30-2:15 (JS)	LAP SWIM 1:30-2:15 (ET)	OPEN SWIM 1:30-2:15 (ET)
				BB 8/4/25



Pre-registration required! Please see newsletter for class descriptions & more details. Questions about a class?

Contact: Fitness Coordinator, Amanda Dupree [adupree@bloomfieldtwp.org](mailto:adupree@bloomfieldtwp.org)

Pool Coordinator, Ernie Thomas [ethomas@bloomfieldtwp.org](mailto:ethomas@bloomfieldtwp.org)

*\*\* (Residency required for some swim sessions)*



**Aqua Barre** - A full body, low impact workout with all the elements of Barre in the water

**Aqua Boot Camp** - High energy workout to strengthen & increase endurance. For the active person who would like to add water aerobics to their cross training routine. Variety of equipment used, upbeat, never boring.

**Aqua Circuit** - Take your circuit training to the water! Get a full body workout using a variety of equipment as you move through stations. This class will encompass cardio, strength, balance and core

**Aqua Energy & Flow** - This new aqua class will incorporate functional training and circuit training for strength and mobility. Use a variety of pool equipment for resistance and includes extended full body stretching.

**Aqua Flow** - Aqua class will introduce you to functional training for strength and mobility. Includes extended balance and full body stretch. We'll focus on techniques, taking the workout at your own pace and listening to your body.

**Aqua Interval** - Let's improve your endurance and muscle. Using a variety of equipment, you will get a total body workout mixed with bursts of higher intensity movement.

**Aqua Resistance Training** - Movement in the water creates resistance for a positive effect on cardiovascular fitness and muscle toning. Diminish stiffness. Leave feeling relaxed & limber.

**Aqua Strong & Fit** - Cardio & strength workout that increases your cardiovascular endurance, strengthens & stretches all the major muscle groups, improves balance and reduces stress! Noodles, buoys & more used in this fun, joint-gentle class. A moderate intensity class.

**Circuit Splash** - Build stamina and strength with a variety of exercises as you float from station to station

**Endurance, Core & Balance** - Endurance training, plus dynamic core and balance conditioning with some muscle work. Challenging, with low impact but high intensity workout with good heart rate monitoring. Anything goes in this class!

**LaBlast Splash** - Shallow aqua dance fitness workout based on ballroom dance. Fun moves inspired by TV's Dancing With The Stars! All levels welcome.

**Lap Swim** - Self-paced program for lap workouts only. Walk or swim. *BT residency required.*

**Open Swim** - Is Back! Independent program where you decide to walk or exercise with equipment. No lap swimming.

**Pool Noodle Workout** - Low impact workout that provides a workout with much less stress to your joints using pool noodles. Improve cardiovascular fitness and stamina while strengthening and toning muscles. All while having fun in the pool!

**Pool Party Open Swim** - Pool party is a fitness class that combines fun, high energy vibe of a party with water-based games. It's a unique and engaging way to stay active

**Therapy Aqua** - A gentle low impact aquatic class designed to support rehabilitation, relieve joint pain and improve mobility

**Total Body Aqua** - Intermediate class with a fun mix of cardio and resistance training, combined with invigorating core work and stretching.

**Water Walking** - Fun and simple class will help strengthen muscles, build cardio and aid with balance. You will use proper technique, work at your own pace and move to great music! Class includes core training and stretching. Progressions will be made using pool equipment. Water shoes are recommended.

*Pre-registration required. See Catalog for more details. Questions about a class? Contact the Fitness Coordinator, Amanda Dupree at [adupree@bloomfieldtwp.org](mailto:adupree@bloomfieldtwp.org) or Ernie Thomas at [ethomas@bloomfieldtwp.org](mailto:ethomas@bloomfieldtwp.org), or call 248-723-3500. **\*\* (Residency required for LAP SWIM hours).***