

BTSS GROUP FITNESS SCHEDULE - AQUA - SPRING 2025 (MARCH/APRIL/MAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP SWIM 7:15-8:00 (ET)	AQUA BOOT CAMP 7:15-8:15 (ET)	LAP SWIM 7:15 -8:00 (ET)	AQUA BOOT CAMP 7:15-8:15 (ET)	LAP SWIM 7:15-8:00 (ET)
POOL NOODLE WORKOUT 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:30(ET)	POOL NOODLE WORKOUT 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:30(ET)	POOL NOODLE WORKOUT 8:30-9:15 (ET)
AQUA INTERVAL 9:30-10:20 (ET)	AQUA RESSISTANCE 10:00-11:00 (ET)	AQUA INTERVAL 9:30-10:30 (ET)	AQUA RESISTANCE 10:00-11:00 (ET)	ENDURANCE CORE & BALANCE 9:30-10:30 (ET)
ENDURANCE CORE & BALANCE 11:00-12:00 (ET)	AQUA ENERGY FLOW 12:00-1:00 (BS)	LABLAST SPLASH 11:00 -11:50 (DT)	AQUA ENERGY FLOW 12:00-1:00 (BS)	WATER WALKING 11:00-11:50 (ET)
WATER WALKING 1:30 - 2:15 (ET)	LAP SWIM 2:00-2:45 (ET)	AQUA FLOW 1:30-2:15 (BS)	LAP SWIM 2:00-2:45(ET)	OPEN SWIM 1:30 - 2:15 (ET)
				2/7/25 IKF

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

Contact: Fitness Coordinator, Amanda Dupree adupree@bloomfieldtwp.org

Pool Coordinator, Ernie Thomas ethomas@bloomfieldtwp.org

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



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 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 - This NEW 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 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.

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!

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 strength 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 or Ernie Thomas at ethomas@bloomfieldtwp.org, or call 248-723-3500. ****Residency required for LAP SWIM hours.***