



SIERRA FITNESS AND AQUATICS SCHEDULE

26887 Recodo Lane
949-859-4348, option 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
8:00 AM							
9:00 AM	Aqua Aerobics Debbie	Aqua BLAST Tamara	Aqua Aerobics Debbie	Aqua BLAST Tamara	Aqua Zumba Ilknur	Aqua Aerobics Debbie	
10:00 AM							
11:00 AM							
12:00 PM							
6:15 PM		Aquasurge Sonia		Aquasurge Sonia			

Not a member? Not a problem!
Drop in to member-based classes for \$8/adult!

SIERRA GROUP X DESCRIPTIONS

AQUA AEROBICS - The low-impact class combines a variety of techniques from land aerobics, including walking or running backward and forward, jumping jacks, mimicking cross-country skiing, and utilizing various arm movements with and without aqua dumbbells. Participants are welcome to incorporate equipment such as flotation belts, specialized water aerobics shoes, and other flotation devices. Set to music to keep you moving, water aerobics classes help reduce the risk of muscle or joint injury. The mitigation of gravity by flotation places less stress on the joints when stretching, and can allow a greater range of motion. The easing of gravity makes water aerobics safe for people able to keep their heads out of water, including seniors. Exercise in water can also prevent overheating through continuous cooling of the water.

AQUA BLAST is a workout that includes explosive, high powered water workouts. Using a variety of innovative training methods, these high intensity cardio and functional resistance workouts will aim to increase endurance, strength and core stability. AQUA BLAST includes some suspended workouts in the shallow. These are demonstrated without the use of equipment. If you prefer the assistance of buoyancy equipment such as a noodle or buoyancy dumbbells please keep them close by.

AQUA ZUMBA® - Blends the Zumba® philosophy of dance fitness with water resistance, for one pool party. There is less impact on the joints during an Aqua Zumba® class so students can really let loose with beautiful international music and dance to the beat. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

AQUASURGE (seasonal 3/26/24-9/19/24) - Improve your cardiovascular health and strengthen/tone your muscles with this high energy class. Although it's low impact, the use of aqua dumbbells and various movements with natural water resistance, provides you with a full body workout.