

# AQUA AEROBICS

## AQUA MOTION

**Mon & Wed: 7:50 - 8:50 am**

Utilize a variety of techniques from land aerobics to improve strength, balance, flexibility and energy! Relieve stiffness and gain mobility in this shallow-water, entry-level class.



## AQUACISE

**Mon/Wed 9:10 - 10:10 am**

Helps relieve stiffness; restore or maintain joint function, range of motion and muscle strength; improve posture; and increase endurance in this shallow-water class.



## AQUA ZUMBA®

**Fridays 7:50 - 8:50 am**

Blends the Zumba® philosophy of dance fitness with water resistance, for one awesome pool party. Let loose to the music and dance to the beat in this shallow-water class.



## AQUA ZUMBA® STRENGTH

**Fridays 9:10 - 10:10 am**

Enjoy a half-class of Zumba® followed by body sculpting with weights and noodles in the water. Make a splash in this low-impact, high-energy dance fitness class.



## AQUA BOOT CAMP

**Tues/Thurs: 9 - 10 am**

A combination of shallow and deep-water circuit training and sprints that include bells, noodles, wall work and standing balance. Must be able to swim for deep-water work.



## AQUA CIRCUIT TRAINING

**Mon/Tues/Thurs 5:45 - 6:45 pm**

This fast-paced class is designed to work all muscle groups while combining fun and cardiovascular/strength training in shallow-water.



## HYDROFIT CARDIO

**Saturdays: 9 - 10 am**

Combine cardio and circuit training for a full-body workout. Exercise in shallow and deep-water to elevate the heart rate, burn intense calories and tone your body. Must be able to swim for deep-water work. Advanced class.



## CLASS-INTENSITY LEVELS



Low Intensity



Moderate Intensity



Moderate Intensity - Shallow/Deep Water



High Intensity



High Intensity - Shallow/Deep Water

# Welcome to the City of Mission Viejo Aquatics Program!

All instruction is provided by trained, certified and experienced aqua aerobic fitness instructors. Instruction is designed to aid in rehabilitation and improve the health and fitness of all participants. Instructors demonstrate movements from the pool deck, using music and a portable amplification system. Class participation is self-regulated. Students are encouraged to go at their own pace and select a class that meets their special needs.



*Ashley Kelley* Aqua Motion, Aquacise & Hydrofit Cardio

Ashley has a bachelor's degree from the University of Alabama - Huntsville and is an ACE-certified fitness instructor with more than 12 years experience as a trainer/instructor. Ashley is certified in various exercise formats, including Mat Pilates, Xtend Barre, PiYo, Insanity and aqua fitness. She teaches throughout south Orange County.



*Donna Moon* Aqua Boot Camp

Donna has more than 10 years experience teaching aqua aerobics, yoga, senior fitness, Pilates and group weight classes. She is a certified group exercise instructor and personal trainer with the AFAA (Aerobics and Fitness Association of America) and BASI (Body Arts and Sciences, a Balanced Body curriculum). Donna has aqua training from the Arthritis Foundation and Silver Splash, a SilverSneakers® program.



*Illknur Erbas-White* Aqua Zumba® & Aqua Zumba® Strength

Illknur has been teaching Aqua Zumba® for over 5 years at LA Fitness and is excited to bring this program to the City of Mission Viejo. She teaches classes all throughout South County in addition to teaching classes at our own Montanoso Recreation Center. She also teaches courses in the Math/CIS/Engineering department at Irvine Valley College.



*Wendy Woerz* Aqua Circuit Training

Wendy has been in the fitness industry for over 25 years and is an AFFA certified group fitness instructor. She has been teaching aqua fitness for over 15 years and is both deep and shallow-water certified. Wendy holds many certifications including Nautilus, SilverSneakers®, Schwinn, and Les Mills. She teaches several formats all over south Orange County and has a passion is to teach, equip, motivate, and train students to achieve their fitness goals while improving one's overall functionality.

## Substitutes

*Colleen Bordages*



Colleen is a graduate from Baylor University and is the creator of Water Warrior, which she has been teaching for 5 years. She has used the water to heal and train people for more than 10 years and is on a mission to help others recover and improve overall functional and athletic enhancement.

*Sonia Salloum*



Sonia has been teaching aqua aerobics for 10 years. She received her aquatics credentials from the Arthritis Foundation and has a BA in therapeutic recreation and an MA in education from San Francisco State University.

**Note: Class Minimums: 6 participants | Class Maximums: 55 participants**