

SIERRA FITNESS AND AQUATICS SCHEDULE

26887 Recodo Lane
949-859-4348, option 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Boot Camp Michael		Boot Camp Michele		Boot Camp Michael		
8:30 AM							
9:00 AM		Aqua Zumba® Ilknur		Aqua Zumba® Ilknur			
10:00 AM		Aqua Aerobics Debbie		Aqua Aerobics Debbie			
11:00 AM		Rec Swim		Rec Swim		Rec Swim	Rec Swim
12:00 PM		Rec Swim		Rec Swim		Rec Swim	Rec Swim
1:00 PM		Rec Swim		Rec Swim		Rec Swim	Rec Swim

Non-members can drop into membership-based classes the day of for \$5.

Aqua Aerobics is a drop-in based low-impact class using the resistance of the water to achieve a full body workout along with different floatation devices or equipment. Maximum capacity for this class is 50 participants.

Bootcamp (on the playground area)

- These classes are high-intensity and combine strength and cardio exercises for a fast-paced calorie burn! Exercises include push-ups, sit-ups, jump rope, body weight exercises, weights, stretch bands, yoga mats, etc.

CLASS & PROGRAM INFORMATION

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 smart bells. Participants are welcome to incorporate equipment such as flotation belts, specialized water aerobics shoes, flotation devices, and ankle and wrist weights. Set to music to keep you moving, water aerobics classes' help reduces 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 the elderly. Exercise in water can also prevent overheating through continuous cooling of the water.

AQUA FIT - This intense fast-paced class is designed to work all muscle groups in the shallow end of the pool. This class combines fun and cardiovascular/strength training.

ADVANCED HYDRO-FIT - This intense fast-paced class is designed to work all muscle groups in the deep end of the pool using high energy exercises. This class combines fun and cardiovascular/strength training.

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.

BOOT CAMP - These classes are high-intensity and combine strength and cardio exercises for a fast-paced calorie burn! Exercises include push-ups, sit-ups, jump rope, body weight exercises, weights, stretch bands, yoga mats, etc. Different instructors will use different routines for a great deal of variation.