



SPLASH

VENT FITNESS LATHAM

HOURS | MONDAY - THURSDAY 5 a.m. - 10 p.m.

FRIDAY 5 a.m. - 9 p.m.

SAT & SUN 7 a.m. - 5 p.m.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00							
6:00							
7:00							
8:00							
9:00	CRASH SPLASH 9:00 - 9:45	OFF THE WALL 9:30 - 10:15	TABATA SPLASH 9:00 - 9:45	H2O ABS 9:45 - 10:15	H2O HIIT 9:00 - 10:00		
10:00	MIND to MUSCLE 10:00 - 10:45	HEALTHY JOINTS 10:30 - 11:15	CORE BALANCE 10:00 - 10:45	HEALTHY JOINTS 10:30 - 11:15			
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00		HYDRO FIIT 6:00 - 6:45		HYDRO HIIT 6:15 - 7:00			
7:00							
8:00							
9:00							

CLASS DESCRIPTIONS

Core Balance

A fun low intensity water workout with emphasis on strengthening your core while improving your balance. All fitness levels welcome, modifications always given. This is a structured class with varied sets and reps to achieve optimal results. Props are used at the instructor's discretion. *Low to Moderate Intensity*

Crash Splash

This class utilizes High Intensity Interval Training (HIIT) in a low impact environment. A variety of equipment will be used, such as noodles and kickboards. No matter what your level of experience with fitness is, Crash Splash will improve your strength and endurance while burning fat and increasing bone density.

H2O Abs

Focus on the abdominals and glutes. This class will use flotation equipment to focus on core strength and challenge your mid section. Designed for all ability levels. This is a great add on class to any workout.

H2O HIIT

Electrify your training with this high voltage format of cardio and strength training in the pool! This class uses kickboxing moves to challenge your entire body and bring your water workout to a new level. *Moderate to High Intensity*

Healthy Joints

Need a class to stretch out those muscles and keep you moving? This is the class for you! This aqua class is designed to help increase joint range of motion, build muscle strength, and help reduce pain and stiffness. We include 10-15 minute of light cardiovascular work that aids in keeping joints moving to help accomplish daily functions of life. Class is held in our 82 degree pool where the natural buoyancy of water helps anyone with stability struggles to help encourage movement. *Low to Moderate Intensity*

Hydro FIIT

Strength, high intensity cardio, core and flexibility come together in this 45 minute class. Challenge yourself to add water to improve your total body conditioning. *Moderate to High Intensity*

Hydro HIIT

A 45-minute class of cardiovascular, strength, conditioning aquatic exercise designed to maximize high intensity fitness while protecting joint integrity. *Moderate to High Intensity*

Mind To Muscle

A strong sense of awareness is essential for performing those daily activities that our lives demand. Mind to Muscle is here to increase our awareness of ourselves from the ground up, using a variety of balance and core exercises in an aquatic environment. You will be challenged to move your body the way it was designed to move, waking up every muscle. Our goal is to increase your confidence and proficiency in your movements.

Off the Wall

A moderate intensity, fun, playful class with interval training and power moves to improve cardiovascular fitness, muscular endurance and strength. *Moderate to High Intensity*

Tabata Splash

Looking for a fun challenging pool workout? This motivating/interval class is just what you're looking for. This fast paced, fun class will have you use the resistance of the water as well as props to keep your heart pumping. It's a specific high intensity segment followed by a rest period, 4 minutes total for each round. You will have approximately 32 minutes of interval training followed by a cool down. Newcomers should ease into this class. *Moderate to High Intensity*