



# 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  | <b>CRASH SPLASH</b><br>9:00 - 9:45     | <b>WATER WORX</b><br>8:45 - 9:30  | <b>TABATA SPLASH</b><br>9:00 - 9:45            | <b>H2O ABS</b><br>9:45 - 10:15         | <b>CRASH SPLASH</b><br>9:00 - 9:45     |          |  |
| 10:00 | <b>MIND to MUSCLE</b><br>10:00 - 10:45 | <b>H2O ABS</b><br>9:45 - 10:15<br><b>SPLASH TONE &amp; STRETCH</b><br>10:30 - 11:15 | <b>Silver Sneakers SPLASH</b><br>10:00 - 10:45 | <b>HEALTHY JOINTS</b><br>10:30 - 11:15 | <b>MIND to MUSCLE</b><br>10:00 - 10:45 |          |  |
| 11:00 |  |   |  |  |  |          | <b>FIT &amp; FUNCTIONAL</b><br>11:00 - 11:45 |
| 12:00 |  |   |  |  |  |          |  |
| 1:00  |  |   |  |  |  |          |  |
| 2:00  |  |   |  |  |  |          |  |
| 3:00  |  |   |  |  |  |          |  |
| 4:00  |  |   |  |  |  |          |  |
| 5:00  |  |   |  |  |  |          |  |
| 6:00  |  | <b>HYDRO HIIT</b><br>6:00 - 6:45  |  | <b>SPLASH COMBO</b><br>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.

## **Fit and functional - Sunday @ 11:00 am**

A moderate water fitness class to help improve your body to move better through everyday normal activities and daily tasks. This class is designed with dynamic functional movements to increase strength, balance, flexibility, cardiovascular endurance, muscle tone and range of motion. Programmed with timed cardio intervals, body weight movements with resistant equipment in the water including, barbells, noodles, kick boards, and belts, static holds and stretches.

## **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.

## **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. *Low to Moderate Intensity*

## **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*

## **Splash Combo**

An "all exercise" workout to music uses creative choreography that is fun to follow and keeps you warm. This fast paced, high intensity class, that combines cardio, core, balance and strength training allows us to crank up the intensity without overloading your mental circuits. You never know what the instructor is going to come up with next. *Moderate to High Intensity*

## **Splash, Tone and Stretch**

Participants will become better equipped to move through their daily activities with more energy and strength. This class is designed to improve flexibility, range of motion, balance, stability, muscle tone, core and cardio strength while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow. Principles of stretching, toning, and cardio endurance are all incorporated into a fun water workout for total body conditioning. Exercising in water is pleasurable, comfortable, refreshing, and invigorating! *Low to Moderate 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*