



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. - 6 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		HYDRO FIIT 9:00 - 9:45	H2O ABS 9:30 - 10:00	CRASH SPLASH 9:00 - 9:45		
10:00	MIND to MUSCLE 10:00 - 10:45	SS SPLASH 10:15 - 11:00	SPLASH, TONE & STRETCH 10:00 - 10:45	FIT & FUNCTIONAL 10:15 - 11:00	MIND to MUSCLE 10:00 - 10:45		
11:00		H2O ABS 11:15 - 11:30					
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00		HYDRO HIIT 6:00 - 6:45		SPLASH COMBO 6:15 - 7:00			
7:00							
8:00							
9:00							

CLASS DESCRIPTIONS

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 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.

Hydro FIIT - A 45 min class of cardiovascular, strength, conditioning aquatic exercise designed to maximize high intensity fitness while protecting joint integrity. **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*

Silver Sneakers Splash A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training. **Low to Moderate Intensity*

Splash Combo 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*

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*