

# Water Fitness Schedule

June 2025

Monday	
Time	Class   Instructor
8 am	<b>Aqua Therapy</b>   Dave
9 am	<b>Shallow Water</b>   Lisa
7 pm	<b>tAQUAta</b>   Jessica

Tuesday	
Time	Class   Instructor
8 am	<b>Aqua Therapy</b>   Dave
9 am	<b>Shallow Water</b>   Lisa
7:15 pm	<b>Water Polo</b>   Aldo

Wednesday	
Time	Class   Instructor
8 am	<b>Aqua Therapy</b>   Dave
9 am	<b>Shallow Water</b>   Carol
7 pm	<b>Aqua Zumba</b> Jessica or Addy

Thursday	
Time	Class   Instructor
8 am	<b>Aqua Therapy</b>   Dave
9 am	<b>Shallow Water</b>   Lisa

Class Descriptions	
<b>Aqua Therapy:</b> Low impact exercises taught in shallow water for all ages and abilities. Designed to tone and condition the whole body, aqua therapy improves range of motion, flexibility, balance, and cardio strength.	
<b>Shallow Water:</b> This head to toe workout helps build muscle strength, balance, and stamina while easing stiff joints and improving social stimulation. This all ages and abilities class is recommended if land workouts are too challenging.	
<b>tAquaTa:</b> Aqua + Tabata = tAQUAta. Using Tabata's High Intensity Interval Training (HIIT), this class improves cardio and metabolic systems with a full-body strength workout. Exercises use the natural resistance of shallow water.	
<b>Aqua Zumba:</b> Zumba—Latin-inspired, easy-to-follow, calorie-burning, dance party—with a splash! This safe and challenging shallow water workout improves cardio condition and body tone with exhilarating fun!	
<b>Log Rolling:</b> Improve your coordination, balance, core and lower-body strength and foot-work while trying to stay upright on specially designed floating logs.	
<b>Water Polo:</b> Practice water polo basics while improving physical stamina. Practices end with scrimmage play.	

Friday	
Time	Class   Instructor
8 am	<b>Aqua Therapy</b>   Dave
9 am	<b>Shallow Water</b> Lisa or Linda
6:30 pm	<b>Log Rolling</b>   Dave

Saturday	
Time	Class   Instructor
8 am	<b>Aqua Zumba</b> Jessica or Addy
12 pm	<b>Log Rolling</b>   Dave

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.



## Northwest Rec Center

1255 West Clark Ave  
Salt Lake City, UT 84116  
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