



Pool/Aqua Fitness Schedule - Winter 2020
 3092 Shafto Rd. Tinton Falls 07753 | 732.922.7700
www.swimquest.com

Aqua Fitness Classes/Master's Swim Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
5:30am							
6:00am	Master's Swim		Master's Swim		Master's Swim		
7:00am							Master's Swim
8:00am		AQUA FIT Eileen		AQUA ZUMBA Coretta	AQUA FUSION Coretta		
9:00am	AQUA INTERVALS Linda	AQUA FIT Eileen	AQUA INTERVALS Linda	LIFETIME AQUA Coretta			
10:00am	AQUA BURST Eileen						
8:00pm		Master's Swim		Master's Swim			
9:00pm							

Aqua Fitness Class Descriptions

AQUA BURST: a combination of strength exercises using resistance equipment and bursts of cardio to get your heart pumping.

AQUA INTERVALS: an exciting high energy interval class that uses Tabata based timing. Always changing with fresh moves and music.

LIFETIME AQUA: low Impact, light Intensity using floatation equipment for upper and lower body toning. Warm water provides natural resistance for conditioning, stamina and strength as well as supports balance and well being.

AQUA FUSION: Cardio intervals with strength conditioning and intense core focus. Designed to shed pounds and balance core.

AQUA ZUMBA: blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!