




Pool Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM Aquacise DORY Multi Level	10:00AM AquaFit BILL Multi Level	10:00AM Aqua Express DORY Multi Level	10:00AM AquaFit BILL Multi Level	 No Class	9:30AM Loud and Proud BILL Multi Level	9:30AM Cardio Sculpt BILL Multi Level
				 No Class	10:30AM Aqua Blast BILL Level II, III	10:30AM Liquid Strength BILL Level II, III
7:00PM Splash Track DORY Multi Level	7:00PM Active Aqua SUSIE Level II, III	7:00PM Hydro Challenge DORY Level II, III	7:00PM Active Aqua SUSIE Level II, III	 No Class		

INSTRUCTORS

Dory Berman – Program Director William Velardocchia, Susie Abbott

Swim Lessons – Catherine Leonard, 617-591-1233

Effective: December 7, 2007

www.waverleyoaks.com

POOL CLASS DESCRIPTIONS

- active aqua** high energy, thoughtful exercises that get the body stronger while stabilizing the core makes this a complete workout in just one hour; *int/adv*
- aquablast** experience a class intense enough to challenge the cardiovascular system while incorporating body sculpting with gentle, yet effective stretching; *int/adv*
- aquacise** this water workout is good for any fitness level and will work your body from head to toe without stress to your joints; *multi level*
- aqua express** this invigorating 45 minute class will work the heart and the body without the use of any equipment; *multi level*
- aquafit** get fit with this lively exercise class that will not only challenge your heart, but your muscles as well, free from joint pain and strain; *multi level*
- cardio sculpt** this is the total fitness package - condition and sculpt your entire body combining cardiovascular movements with strength and resistance training, plus abdominal work and stretching; *multi level*
- hydro challenge** this sports interval training combines repetitions of high-speed/intensity work followed by periods of recovery to improve heart health while re-shaping your body; *int/adv*
- loud and proud** get ready to make some noise - sing, laugh, grunt, shout the hour away while stimulating your body and refreshing your spirit. Come prepared to have a good time! *multi level*
- splash track** mix it up in this energetic class fusing intervals of strength exercises with aerobic exercises giving you the benefits of **both** a cardiovascular and strength training workout; *multi level*

CLASS LEVELS

multi level beginner, intermediate and advanced *level I* beginner *level II* intermediate *level III* advanced