

# Water Fitness Classes!

**HIIT the H2O: Mondays 8am / Wednesdays 6:30pm**

**Drenched: Mondays 6:30pm / Wednesdays 8am**

**HIIT THE H2O:** A 45-minute class that is done while suspended in the **deep end of the pool** with the use of flotation device. Non-impact exercise that will suit most people including those with weight or joint problems.



Work on building strength in your core muscle groups (abdominal/back).

**DRENCHED** A 45 minute **shallow water class** set to music with 3 blocks of work. Block 1 is a warm-up; Block 2 incorporates 30 second consecutive intervals using grounded strength, cardio and high intensity power cardio moves; Block 3 allows you to increase. Aqualogic Equipment Used.

Worcester



Classes taught by Elaine, Fitness Director  
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