

Aqua Aerobic Schedule for September 2010

All Schedules are subject to change due to unforeseen circumstances.

If you would like to know who is teaching the classes, call the club at **248-642-8500**

Go To: [Aerobic Schedule](#) | [Spin Schedule](#) | [Aqua Aerobic Schedule](#) | [Pilates Schedule](#) | [Yoga Schedule](#)

Day	Class Time	Class Type	Length of Class
Monday	9:00am	Aqua Zumba	60 Minutes
Monday	11:00am	H2O Interval	60 Minutes
Monday	12:30pm	Muscle Max	30 Minutes
Monday	1:00pm	Aqua	30 Minutes
Monday	7:30pm	Aqua Moms	50 Minutes
No Aqua Classes September 6th			
Tuesday	6:30pm	Taekwon Aqua	60 Minutes
Tuesday	7:30pm	Aqua Moms	60 Minutes
Wednesday	9:00am	Aqua Aerobics	60 Minutes
Wednesday	11:00am	H2O Interval	60 Minutes
Wednesday	12:30pm	Muscle Max	30 Minutes
Wednesday	1:00pm	Aqua	30 Minutes
Wednesday	7:30pm	Aqua Moms	50 Minutes
Thursday	11:00am	Aqua Step	60 Minutes
Thursday	6:30pm	Aqua	60 Minutes
Thursday	7:30pm	Aqua Moms	60 Minutes
Friday	9:00am	Aqua	60 Minutes
Friday	11:00am	H2O Interval	60 Minutes
Saturday	9:00am	Aqua Aerobics	60 Minutes
Sunday	9:00am	Cardio/Core	60 Minutes

NEW CLASS: Aqua Zumba - A water based Zumba class that features aerobic/fitness interval training with a combination of fast and slow rhythms set to Latin, African, Arabic & Hindu music. Zumba is a combination of high energy with unique moves and motivating music which allows participants to dance away their worries.

Taekwon Aqua, Tuesday 6:30pm.

Using Hydro Leg-Kickers & Hydro Arm-Boxers. This total body workout provides mental and physical conditioning without physical contact, based on the 2,000-year-old Korean Martial Art System.

A fun low-impact way to kick up your fitness level a notch or two and add variety.

Aqua Aerobics - An energetic and invigorating class that combines aqua aerobics and strength training for a total body workout.

Aqua/Step: Adds dynamic balance and challenge to every movement made in the water. This extraordinary class will challenge your cardiovascular endurance levels with emphasis on muscular conditioning.

H2O Interval - Discover an invigorating and energetic aqua aerobics class. The gradual progression of intensity intervals followed by recovery periods will have your body experiencing a total body workout.

Beaumont Aqua Moms:

Stay in shape during your pregnancy and meet some great people. This class offers a workout tailored to the needs of the expectant mother. Call Beaumont to register: 800-633-7377.

BEAUMONT AQUA MOMS DATES:

**August 25 - October 4
October 11 - November 18**

Session Days

**Monday and Wednesdays
or
Tuesdays and Thursdays**

Session Times

7:30 - 8:20p

Session Costs

Members - Free & Non-Members: \$115

**To register, call Beaumont
800-633-7377**

