

Aqua Aerobic Schedule for January 2009

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

Day	Class Time	Class Type	Length of Class
Monday	9:00am	Aqua Aerobics	60 Minutes
Monday	11:00am	H2O Interval	60 Minutes
Monday	12:30pm	Muscle Max	30 Minutes
Monday	1:00pm	Aqua Aerobics	45 Minutes
Monday	7:30pm	<u>*Aqua Moms</u>	60 Minutes
Tuesday	6:30pm	**Taekwon Aqua	60 Minutes
Tuesday	7:30pm	<u>*Aqua Moms</u>	60 Minutes
Wednesday	9:00am	Aqua Aerobics	75 Minutes
Wednesday	11:00am	H2O Interval	60 Minutes
Wednesday	12:30pm	Muscle Max	30 Minutes
Wednesday	1:00pm	Aqua	45 Minutes
Wednesday	7:30pm	<u>*Aqua Moms</u>	60 Minutes
Thursday	11:00am	Aqua Step	60 Minutes
Thursday	6:30pm	Aqua	60 Minutes
Thursday	7:30pm	<u>*Aqua Moms</u>	60 Minutes
Friday	9:00am	Aqua	60 Minutes
Friday	11:00am	H2O Interval	60 Minutes
Saturday	9:00am	Aqua	60 Minutes
Sunday	9:00am	Cardio Core	60 Minutes

"Beaumont Beyond-Baby Aqua Moms"

A Post-Natal Water Aerobics Class.

****NEW CLASS: Taekwon Aqua, Tuesday 6:30pm.**

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.

Aqua Cuts: This class combines strength training & plyometrics to create the ultimate aqua workout. You will fatigue your muscles to the point of definition.

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:**

New Time for 2009. 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. Members - Free / Non-Members \$100

BEAUMONT AQUA MOMS DATES:

January 5 - Feb 12
Monday through Thursday
 Beyond Baby - 7:30 - 8:20p

BEYOND BABY AQUA MOMS DATES:

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