



Free Water Exercise Schedule

WINTER 2019

January 2 - April 30, 2019

1401 South Riverfront Drive
Mankato, MN 56001
(507) 387-8255

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Aqua Challenge (Taylor Pool) 6am - 7am		Aqua Challenge (Taylor Pool) 6am - 7am			
8am	Water Interval (Lap Pool) 8am - 9am	Aqua Bata (Lap Pool) 8am - 8:40am	Water Interval (Lap Pool) 8am - 9am	Aqua Bata (Lap Pool) 8am - 8:40am	Water Interval (Lap Pool) 8am - 9am	Aqua Challenge 8:00-9:00am (All other Saturdays of Month)	
9am			Aqua Yoga (Taylor Pool) 9:25am - 9:55am			Aqua Zumba 8:00-9:00am (1st Saturday of Month)	
10am	Water Zone (Lap Pool) 10am - 11am	Water Zone (Lap Pool) 10am - 11am	Water Zone (Lap Pool) 10am - 11am	Water Zone (Lap Pool) 10am - 11am	Water Zone (Lap Pool) 10am - 11am		
11am		Water Walking 11:45am - 12:30pm		Water Walking 11:45am - 12:30pm			
5pm		Aqua Challenge (Taylor Pool) 5:30pm - 6:30pm		Aqua Challenge (Taylor Pool) 5:30pm - 6:30pm			
7pm	Lean and Mean Mix (Lap Pool) 7:15pm - 8:15pm		Lean and Mean Mix (Lap Pool) 7:15pm - 8:15pm				

NOTE: All classes are subject to change due to demand and participation. Class announcements will be posted on the mobile app homepage. For your safety, it is recommended you consult your physician prior to starting any exercise program.

Class Descriptions

Aqua Bata (Lap Pool) - Location: Lap Pool; Maximize your time in this fast paced class. Tabata is a type of high intensity interval training that follows a specific format; Other types of intervals may also be incorporated.

Aqua Challenge (Taylor Pool) - Location: Taylor Pool; A complete moderate intensity water workout that builds muscle, increases aerobic fitness, improves flexibility, and helps control weight.

Aqua Yoga (Taylor Pool) - Aqua Yoga is a gentle and very low impact aquatic activity. The class takes the principles and movements of Yoga and adapts them to the water environment.

Lean and Mean Mix (Lap Pool) - Location: Lap Pool; A cardiovascular and core-building workout that transitions between different depths of the Lap Pool.

Water Interval (Lap Pool) - Location: Lap Pool; Take your water workout to the next level by adding high intensity intervals. Using the natural resistance of the water and various water props, this class combines traditional cardio and strength work with HIIT.

Water Walking - Location: Taylor Pool. Low impact, low intensity workout using the natural resistance of the water to strengthen the core and increase balance and coordination. No instructor.

Water Zone (Lap Pool) - Location: Lap Pool; A low-impact class that emphasizes balance, coordination, and flexibility. Join the class and improve your physical, social, and mental well-being.

