

WINTER WATER FITNESS CLASS SCHEDULE

Cottonwood Heights
Parks & Recreation

EFFECTIVE MONDAY JANUARY 5TH, 2026

MONDAY

- D** 7:00am-8:00am
H2O Fit **/**
Dive Tank (Lynn)
- S** 9:00am-10:00am
Intervelocity **/**
Specialty (Stephanie)
- S** 10:00am-11:00am
Liquid Circuits**/**
Specialty (Stephanie)
- D** 11:00am-12:00pm
Intervelocity **/**
Dive Tank (Stephanie)

TUESDAY

- D** 7:00am-8:00am
Water Strength */**
Dive Tank (Catherine)
- S** 9:00am-10:00am
Aqua Dance Cardio **
Specialty (Michelle)
- S** 10:00am-11:00am
Functionally Fit *
Specialty (Michelle)

WEDNESDAY

- D** 6:00am-7:00am
H2O Fit ***
Dive Tank (Lynn)
- S** 9:00am-10:00am
Aqua Jocks
Specialty (Michelle)
- S** 10:00am-11:00am
Hydro Tone **/**
Specialty (Michelle)
- D** 11:00am-12:00pm
Deep Challenge **
Dive Tank (Michelle)

THURSDAY

- D** 7:00am-8:00am
Water Strength */**
Dive Tank (Catherine)
- S** 9:00am-10:00am
H2O Fit w/ Resistance **/**
Specialty (Charlie)
- S** 10:00am-11:00am
H2O Fit w/ Resistance **/**
Specialty (Charlie)

FRIDAY

- S** 9:00am-10:00am
H2O Fit w/ Resistance **/**
Specialty (Charlie)
- S** 10:00am-11:00am
Cardio Splash**
Specialty (Catherine)

ONE STAR * = LOW INTENSITY

TWO STARS ** = MEDIUM INTENSITY

THREE STARS *** = HIGH INTENSITY

All classes may be modified to skill level. Please speak with the instructor before your class about any modifications

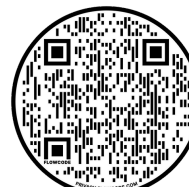
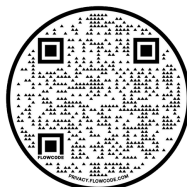
inside

S SPECIALTY POOL
(SHALLOW)

D DIVE TANK
(DEEP)



**REGISTRATION REQUIRED FOR ALL CLASSES
SCAN QR CODE WITH YOUR PHONE
TO REGISTER**



**WANT TO KNOW WHAT'S GOING ON WITH
AQUA FITNESS? JOIN OUR MONTHLY
NEWSLETTER LIST! SCAN THE QR CODE
TO BE ADDED**

Class Descriptions

AQUA DANCE CARDIO: Basic water choreographed movements to keep participants moving in rhythm, challenging themselves in all directions.

AQUA JOCKS: This class combines cardio and endurance to make a challenging class fun! Push yourself and the water will push back.

CARDIO SPLASH: This class is composed of cardio choreographed routines, mixing in a variety of dance forms. From salsa to kick-boxing, be ready to have fun while getting work done in the water.

DEEP CHALLENGE: This class will vary in format- you might feel like you're line dancing one day and the next you're training for a triathlon!

FUNCTIONALLY FIT: The focus of this class is balance, posture, and range of motion. This is great for recovery or needing a gentle class to compliment your fitness routine.

HYDRO TONE: Not a cardio focused class but a class for toning the whole body. This class uses equipment for some parts to increase intensity.

H2O FIT & H2O FIT w/ RESISTANCE: Cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts provided for buoyancy.

INTERVELOCITY: HITT interval training involving a series of high intensity workouts interspersed with active rest periods increasing aerobic capacity, improving speed and agility.

LIQUID CIRCUITS: A combination of cardio and strength training utilizing the pool wall, strength and aquatic equipment moving through series of timed intervals for a total body workout.

WATER STRENGTH: A fun and refreshing full-body water workout that develops strength, stability, balance, and coordination. Designed to improve endurance, energy, and resilience, this class supports greater confidence and ease in everyday movement.

AQUA FITNESS FAQ:

What are the best classes for beginners?

- Functionally Fit
- Water Strength
- Cardio Splash

Do I need to be "fit" to attend Aqua Fitness classes?

- No! All classes are able to accommodate any fitness level, although we recommend starting with our beginner classes :)

Can I still attend classes if I am injured?

- Yes you can still attend, but we recommend discussing it with your doctor before hand to prevent further injury. All of our instructors are highly skilled and can accommodate class structure and routine for you if needed. *please inform your instructor of any injuries prior to class*

How do I check in for class?

- Please visit our east desk before your class begins to receive your wristbands. Your instructor will ask to see these before class starts! *if attending multiple classes in a row, please obtain **ALL** wristbands*



CLASS RATES:	PER CLASS	10 PASS	20 PASS
ULTIMATE MEMBER	NO CHARGE		
PREMIUM MEMBER	\$7.00	\$63.00	\$126.00
PREMIUM MEMBER SENIOR (62+)	\$6.00	\$54.00	\$108.00
PREMIUM MEMBER YOUTH (14-17)	\$5.00	\$40.00	\$80.00
NON-MEMBER	\$8.00	\$72.00	\$144.00
NON-MEMBER SENIOR (62+)	\$7.00	\$63.00	\$126.00
NON-MEMBER YOUTH (14-17)	\$6.00	\$54.00	\$108.00

- Class sizes are limited. Please sign up ahead of time on our website www.chparksandrecut.gov
- Wristbands MUST be obtained before the start of all Water Fitness classes