

SUMMER 2024

# RIEGEL RIDGE POOL AQUA SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	Aqua Fitness 12:30pm – 1:15pm Melanie Pool		Aqua Zumba 12:30pm – 1:30pm Melanie Pool	
Aqua Zumba 6:00pm – 7:00pm Melanie Pool		Aqua Fitness 6:15pm – 7:00pm Melanie Pool		

Schedule: July 8 - August 22

Aqua Classes are free with your Riegel Ridge Pool Membership

### Non-Member Aqua Class Fees

\$12 Adults

\$10 Seniors 65+ years old

These fees include admittance to the pool all day.

\*No Aqua Zumba or Aqua Fitness classes August 12<sup>th</sup> – 15<sup>th</sup>

6/10/2024

\*Instructors are subject to change

\*For more information, please contact [staff@riegelridgecc.org](mailto:staff@riegelridgecc.org) or call 908-995-9260



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# **Riegel Ridge Fitness Class Descriptions**

**Aqua Fitness:** Aqua Fitness features work cycles for a set amount of time paired with recovery cycles for a set amount of time. It is a total body conditioning, complete cardio vascular workout. Low impact / high intensity options will be shown for lower intensity movements

**Aqua Zumba:** Aqua Zumba has some of the traditional elements of aqua fitness with upbeat dance moves and music. Fun is the name of the game! This is also a low impact/ high intensity work out.

Both Aqua classes are perfect and suitable for all ages and abilities fun but challenging full body workout

The classes emphasize cardio vascular strength and endurance as well as flexibility, range of motion and core strength.

No swimming skills required.

Classes are held in shallow water for a great low impact but challenging workout!