

# HOUSTON PARKS AND RECREATION DEPARTMENT

## 2018 SUMMER ADULT WATER FITNESS CLASSES

### 2018 Summer Adult Water Fitness Classes



Cool off this summer with **FREE** water fitness classes! Water fitness is a great exercise for any age, any fitness level and any body type. No fee is charged.

All enrollments are filled on a "first-come, first served" basis. Register online at <https://apm.activecommunities.com/houstonparks/Home> or at the pool onsite. Classes are limited to a maximum of 20 participants per class at most pool sites. Aqua shoes, towel and a plastic bottle of water are recommended.

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| <b>Dates:</b>               | June 5 - August 3, 2018  |
| <b>Class Days:</b>          | Tuesday and Thursday, Wednesday and Friday   |
| <b>Time:</b>                | Varies by Site (See below)   |
| <b>Information:</b>         | (832) 395-7129   |
| <b>Online Registration:</b> | <a href="http://www.houstonparks.org">www.houstonparks.org</a> (click on Aquatics Section) |



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**Dates: June 5 to August 3, 2018**

| <b>Pool:</b>      | <b>Location:</b>       | <b>Day:</b> | <b>Time:</b>         | <b>Class:</b>                |
|-------------------|------------------------|-------------|----------------------|------------------------------|
| Agnes Moffitt     | 10645 Hammerly, 77043  | W & F       | 7:10 – 8:00 pm       | Adult Circuit Water Fitness  |
| Beverly Hills     | 9800 Kingspoint, 77075 | W & F       | 7:10 – 8:00 pm       | Adult Circuit Water Fitness  |
| Denver Harbor     | 1020 Gazin, 77020      | W & F       | 9:00 – 10:00 am      | Adult Circuit Water Fitness  |
| DeZavala          | 7521 Avenue H, 77012   | T & TH      | 7:10 – 8:00 pm       | Adult Circuit Water Fitness  |
| Hobart Taylor     | 8100 Kenton, 77028     | W & F       | 7:10 – 8:00 pm       | Adult Circuit Water Fitness  |
| Jud. Robinson Sr. | 1422 Ledwicke, 77029   | W & F       | 10:00 – 10:50 am     | Adult Circuit Water Fitness  |
| MacGregor         | 5225 Calhoun, 77021    | T & TH      | 9:00 – 10:00 am      | Adult Circuit Water Fitness  |
| MacGregor         | 5225 Calhoun, 77021    | W & F       | 7:10 – 8:00 pm       | Aqua Zumba                   |
| Oak Forest        | 1400 Dubarry, 77018    | T & TH      | 9:00 – 10:00 am      | Adult Circuit Water Fitness  |
| Sunnyside         | 3502 Bellfort, 77045   |             | T – F 5:00 – 5:50 pm | Silver Splash                |
| Townwood          | 3403 Simsbrook, 77051  | T - F       | 7:10 – 8:00 pm       | Adult Circuit Water Fitness  |
| Westbury          | 10605 Mullins, 77096   | T & TH      | 6:30 – 7:30 pm       | Adult Hydro Fitness Training |
| Westbury          | 10605 Mullins, 77096   | T & TH      | 9:00 – 10:00 am      | Aqua Zumba                   |
| Windsor Village   | 14441 Croquet, 77085   | T & TH      | 7:10 – 8:00 pm       | Aqua Zumba                   |

**Adult Circuit Water Fitness:** A combination of cardio, strength training and flexibility that takes you through a series of stations using effective circuit training principles and the latest aquatic equipment for a total body workout. Intensity: light to moderate

**Silver Splash:** A water fitness class for mature adults to gently stretch, flex, tone and socialize in shallow water. Intensity: light.

**Aqua Zumba:** a class that combines high energy and Latin music with movement in the water, a combination that helps participants dance away their worries while staying in shape. Intensity: light to moderate

**Adult Hydro Fitness Training:** An athletic approach to water fitness training with sports-specific drills, intense cardiovascular work, intervals, balance/core training, martial arts, and plyometrics. It's a great way to improve your cardiovascular conditioning, muscular strength, and endurance with minimal stress on your joints. Loud, rocking music is a part of the workout. Recommended as a great form of cross training. Intensity: moderate to hard.