

# 2023

**TEMPORARY**

# AQUATIC FITNESS



BMGC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:20-9:10a	Deep Water	Aqua Bootcamp*	Deep Water	Shallow Water	Instructors Choice Deep Water
9:20-10:10a	Shallow Water	Deep Water	Water Walking	Cardio Blast (Deep)	Instructors Choice Shallow Water
10:20-11:10a	Full Body (Shallow)	Cardio Blast (Deep)	Arms & Abs (Shallow)	Full Body (Deep)	Instructors Choice Shallow Water
					
7:10-8:00p	Deep Water	Shallow Water	Deep Water	Shallow Water	

2023-04-19



- CRC Passholders have full access to BMGC classes at this time.
- Register at [www.medicinehat.ca/bigmarblegocentre](http://www.medicinehat.ca/bigmarblegocentre), registration required for all group fitness attendance.
- Email [recreation@medicinehat.ca](mailto:recreation@medicinehat.ca) for all CRC Passholder inquiries

# CLASS DESCRIPTIONS

## BMGC

**Aqua Bootcamp\***: In this class, anything goes. Instructors incorporate the use of delta bells, noodles, elastics and some light hand weights for a full body workout. All levels of fitness are welcome as three different intensity levels are shown for each exercise. \*1.2m

**Cardio Blast**: Straight cardio for the entire class. We do timed sprints as well as cardio bursts to keep your heart rate up for max calorie burn. We always have a warm-up, cooldown and strength components in all of our classes. Modifications will be shown, suitable for everyone. **CARDIO BLAST IS A DEEP WATER CLASS**

**Deep Water**: In this class participants will be shown distinctive movements that are designed specifically for deep water. Being suspended in deep water means that you will activate your core muscles at all times. The deep water is great for people with joint issues who want a great workout, but can't withstand the high impact of dryland exercises.

**Instructors Choice**: As daunting as this concept may be, never fear, you will get a great workout with a mix of cardio, strength and fun on either shallow or deep water. You will leave knowing that you earned your weekend off.

**Shallow Water**: This class is a mix of cardio and strength training. If the instructor decides to incorporate equipment, class participants will be notified before class. All exercises can be done with or without the added resistance of equipment. Water shoes are recommended.1.3m

**Water Walking**: Water Walking is a low-impact introduction to aqua aerobics. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain.1.3m

## 10:20a

**Arms & Abs**: The focus is Arms & Abs, but we will add cardio components as well to keep you moving! We use a mix of equipment such as: deltas, paddles, flutter boards, noodles and elastics!

**Cardio Blast**: The focus for Tuesdays is to get your heart rate up and keep it there for the majority of the class! Participants are encouraged to work hard but within your own range of motion and at your own level!

**Full Body**: Come join us for a full body workout using a variety of aqua fit equipment. You can expect a mix of cardio & strength components in the class as well as great sing-a-long tunes! We will keep you groovin' with excellent instruction and creative formats.

**Instructors Choice**: You just never know what you might get, but rest assured it will always be a fantastic workout! Our team of instructors are so fun & creative and they love to mix things up for you!