



WATER FITNESS CLASSES

ORO VALLEY AQUATIC CENTER
23 WEST CALLE CONCORDIA
ORO VALLEY, ARIZONA 85704
520-209-2472

AQUA YOGA, AQUA FIT, AQUA ZUMBA PILATES & WATER AEROBICS

MONDAYS

11:00 AM – Pilates at the Pool

TUESDAYS

7:00 AM – Water Aerobics
1:00 PM – Aqua Fit
5:30 PM – Pilates at the Pool

WEDNESDAYS

12:00 PM – Water Aerobics
1:00 PM – Pilates at the Pool

FRIDAYS

11:00 AM – Water Aerobics
12:00 PM – Pilates at the Pool
2:00 PM – Aqua Zumba
3:00 PM – Aqua Yoga

Aqua Yoga – Taught by Violet Borens

It is a tremendous benefit to practice Yoga in the water. The water buoyancy is more comfortable than on land; much easier for joint, knee and hip exercise, also will reduce back pain and chronic disease.

Aqua Fit – Taught by Violet Borens

- 30 minutes, continuous rhythmic cardio workout.
- 15 minutes, work on muscle endurance / tone and core training.
- 10 minutes, warm down stretch & relaxation.
(combined with Tai Chi flowing movements)

Working in the water will increase lean tissue or fat free mass while burning adipose tissue (fat) for energy. The water buoyancy and resistance will benefit your work out which will be more deficient and challenging.

Aqua Zumba – Taught by Violet Borens

The music leads you to move & dance through the water. A full body workout for all ages to benefit muscle endurance, cardio vascular efficiency, coordination, balance, increased flexibility, joint mobility & strength

Pilates and Water Aerobics – Taught by Nancy Whitlock

Balanced Spirit Pilates takes a resourceful approach for your journey, building a vested interest in your overall health. We work hard to help you develop and achieve your goals, whether they are training for a marathon or triathlon, or just finding balance in life.

Payment Options: Aqua Yoga, Aqua Fit & Aqua Zumba

- Drop-in: \$7.00 per class
- Punch Card: \$50.00 for any 10 classes.

Pilates at the Pool

- Drop-in: \$12.00 per class
- Punch Card: \$85.00 for 10 classes.

Water Aerobics

- Drop-in: \$6.00 per class
- Punch Card: \$45.00 for 10 classes.