

# AQUA Mind Body Classes



AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am		Aqua Spin					
8am			Aqua Spin			Aqua Spin 40 min	
8:45am						Aqua Spin 40 min	
9am							
9:45am	Aqua Circuit				Aqua Spin	LaBlast Splash 40 min	
10am						Aqua Yoga <b>10:35am</b> 40 min	Aqua Spin
10:45am	Aqua Yoga		Aqua Fusion		Aqua Pilates		
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Noon		Aqua Yogalates		Aqua Spin			
5:15pm							Aqua Spin
6pm	Aqua Spin	Aqua Fusion	Aqua Barre	Aqua Fusion	TGIF Aqua Circuit		
7pm		Aqua Spin		Aqua Spin			

## AQUA CLASS DESCRIPTIONS

### Aqua Barre

Enhance your flexibility, strength and balance by taking to the water with flowing ballet-inspired movements and aqua resistance. Aqua Flex equipment, gliding discs and weights may be used.

### Aqua Circuit

This class offers the latest in trending aquatic equipment and training techniques, including Acquapole®, aqua punching bag, Hydrorider® bikes and more! This is guaranteed to be a fun challenge to help you achieve your wellness goals.

### Aqua Fusion

This class is the perfect combination of aqua mind body classes to rejuvenate your body and calm your mind. Improve your cardiovascular strength, endurance and flexibility with this blend of Pilates, barre and yoga. Classes may include Acquapole®, Hydrorider® bike, aqua trampoline and aqua punching bag.

### Aqua Yogalates

A fusion of yoga and Pilates.

### Aqua Pilates

Utilizing specialized equipment, experience the evolution of your physique through classical Pilates instruction in our movement and relaxation pool.

### Aqua Spin

This cardio cycle class uses the resistance of water to challenge and soothe simultaneously in the ultimate mind body experience. Leave feeling refreshed and renewed.

### Aqua Yoga

Revive your mind, body and balance with the support of a gentle aquatic environment. Enhance physical, mental and emotional health with yoga. Warm water offers your body support, while beautiful lakeside surroundings relax your mind.

### LaBlast® Splash

Created by Louis Van Amstel, you will learn all the dances from "Dancing with the Stars," and burn calories, in this pool dance workout.

### Haven on the Lake

#### Regular Hours of Operation

Effective March 19, 2019

Mon-Fri, 6am-10pm

Sat-Sun, 7am-7pm

#### KidSpace Regular

#### Hours of Operation

Mon-Fri, 9am-9pm

Sat-Sun, 8:30am-4pm

**Refresh** members may register for classes 72 hours in advance (additional fee may be required). **Revive** members may register for classes one week in advance. For updated schedule, class descriptions and to register for classes online, visit [HavenontheLake.org](http://HavenontheLake.org).

Small group and private Pilates, yoga, aqua, TRX® and barre sessions are available. Please email [HOL@ColumbiaAssociation.org](mailto:HOL@ColumbiaAssociation.org).

- All aqua classes are 45 minutes unless otherwise stated. Class/instructor schedules subject to change.
- Use of pool lanes will be limited to five minutes before class due to setup.
- Aqua classes are suitable for all levels.