



2020 SADDLEBROOKE HOA 2

AQUA FITNESS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS TIME: 6:45 AM			AQUA-MIX CARDIO DESERTVIEW		AQUA-MIX CARDIO DESERTVIEW	
CLASS TIME: 7:45 AM			AQUA PILATES DESERTVIEW		AQUA PILATES DESERTVIEW	
CLASS TIME: 8:00 AM	AQUA-MIX CARDIO MOUNTAINVIEW	AQUA STRENGTH MOUNTAINVIEW	AQUA INTERVALS MOUNTAINVIEW	AQUA CHALLENGE MOUNTAINVIEW (STARTS AUGUST 6TH)	AQUA INTERVALS MOUNTAINVIEW	AQUA FITNESS MIX MOUNTAINVIEW

CLASS DESCRIPTIONS

AQUA MIX: A fun mix of cardio, strength, balance and flexibility.

AQUA STRENGTH: This class focuses on strengthening all muscle groups in the water!

AQUA INTERVALS: A mix of Tabata style exercises to challenge your cardiovascular system!

AQUA PILATES: Pilates style exercises in the water to lengthen and strengthen your body!

AQUA CHALLENGE: This class has more advanced aqua exercises, for those seeking a challenge!

POOL SIGNUP LINKS

Are on our website at SBHOA2.ORG and in our weekly Fitness Announcement. Sign-Ups begin on Thursday at 3pm.

FOR CLASS CANCELATIONS,

Please contact Barbara.Lancaster@sbhoa2.org. No-Shows will be charged \$7 regardless if you have a pass.

• Aqua Class Sign-Ups will be limited to 25 people to ensure social distancing. • You will need your SBHOA2 member ID card to access pools. All attendees must have charging privileges, a monthly or annual pass. • Monthly Passes may be purchased at Admin Office, by phoning Admin at 818-1000, or by contacting Barbara.Lancaster@sbhoa2.org • MountainView Pool Aqua Classes: 8:00am on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday. • DesertView Pool Aqua Classes: Early Bird Classes are Wednesdays and Fridays at 6:45am. Aqua Pilates Classes are Wednesdays and Fridays at 7:45am.