

# Aqua Max HIIT Squad 6 week Fitness Programme: 16 May — 25 June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT Squad 6:05am—6:50am	Aqua Burn 6:45am—7:30am	HIIT Squad 6:05am—6:50am	Strength Squad 6:05am—6:50am	HIIT Squad 6:05am—6:50am	
			Aqua Burn 6:45am—7:30am		HIIT Squad 8:15am—9:00am
	HIIT Express 12:15pm—12:45pm		HIIT Express 12:15pm—12:45pm		
Strength Squad 5:15pm—5:45pm	Mobility & Core 5:15pm—5:45pm	Open Gym 4:15pm—5:45pm		Open Gym 4:00pm—5:15pm	
HIIT Squad 5:50pm—6:35pm	HIIT Squad 5:50pm—6:35pm	Box Fit 5:30pm—6:15pm	HIIT Squad 5:45pm—6:30pm		
Aqua Force 7:00pm—7:45pm	Aqua Blast 6:00pm—6:45pm	HIIT Squad 5:45pm—6:30pm	Swim Fit 6:45pm—7:15pm		

## Session descriptions:

**HIIT Squad** — The session will have a mix of High Intensity Interval Training based around short duration circuits and cardio inspired workouts. High Intensity does mean there will be dynamic movements which will be fast and precise and is all about moving the body well. The trainers will give options for scaled movements if you require that. Express sessions are a shortened workout with the same plan so you can get in and out and carry on with your day!

**Swim Fit**— Focusing on lap swimming, drills and skills that will improve your overall aerobic fitness in the water. This is for all levels of water confidence and abilities.

**Strength Squad** — New to this cycle, we will focus on one strength component each session to build muscle and strength throughout the 6 weeks.— **Focus:** Chest and upper body focus—Push and Pull accessories.

**Mobility & Core** — Working on flexibility and mobility is extremely important to keeping the body in check. Better mobility can help strengthen your core muscles, help prevent injury and delayed onset muscle soreness (DOMS) that prevents you from working out the next day or two!

**BoxFit**— This sessions is all about getting the heartrate up and the brain connecting with your hands! Be prepared to sweat. (Gloves are provided if you don't have your own)

**Open Gym** — session timeslots are available to work on extras like cardio, strength, mobilizing or following the pre programmed workout written on the board.

**Aqua Burn, Force & Blast** — Join in to one of our public Aqua Fit Classes for an alternative workout. Great for recovery on the muscle but you can still work hard to feel the burn.