


# Aqua Max HIIT Squad 6 week Fitness Programme: 17th May —26th June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT Session 6:15am—7:00am		HIIT Session 6:15am—7:00am		HIIT Session 6:15am—7:00am	
	Aqua Burn 6:45am—7:30am		Aqua Burn 6:45am—7:30am		HIIT Session 8:15am—9:00am
	HIIT Express 12:15pm—12:45pm		HIIT Express 12:15pm—12:45pm		
	Cardio & Core 5:10pm—5:40pm	Open Gym 4:15pm—5:45pm		Open Gym 4:15pm—5:45pm	
HIIT Session 5:45pm—6:30pm	HIIT Session 5:45pm—6:30pm	HIIT Session 5:45pm—6:30pm	HIIT Session 5:45pm—6:30pm		
Aqua Force 7:00pm—7:45pm		Aqua Force 7:00pm—7:45pm	Swim Fit 6:45pm—7:15pm		

## Session descriptions:

**HIIT Sessions** — 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 about moving the body well. The trainers will give options for scaled movements however the class can not be altered to suit an individual.

**Aqua Burn / Aqua Force**— Great for toning the body and working the cardiovascular system. A good class to do for recovery when the body is sore or for trying something different. Working out in the water is not for the faint hearted, you really can get the results from using the water as resistance. (please note these sessions are part of our public Aqua Fitness Programme)

**Cardio & Core** — Wanting to increase your cardio capacity? Joining this class will help in a big way. Using cardio machines, body weight exercises will be a big component to this session. There are always scaled options during our Cardio classes so if you are looking for a lower intensity class than our HIIT, then this one is certainly a great option. We'll throw in some core to help strengthen the posterior chain and surrounding muscle groups which are used frequently in all of our classes.

**Swim Fit**— This will replace our Aqua HIIT during the winter months. We will focus on some lap swimming, drills and skills that will improve your overall aerobic fitness in the water.

**Open Gym**— Drop in at anytime during the open session timeslot to work on extras like cardio, mobilizing or following the pre programmed workout written on the board for our members.