

# Aqua Max HIIT Squad 6 week Fitness Programme: 22nd February —2nd April

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
	Cardio Express 12:15pm—12:45pm		Cardio Express 12:15pm—12:45pm		
		Open Gym 4:15pm—5:45pm		Open Gym 4:15pm—5:45pm	
Cardio Blast 5:10pm—5:40pm	Mobility & Core 5:10pm—5:40pm	Cardio Blast 5:10pm—5:40pm			
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	Aqua HIIT 6:45pm—7:30pm		<b>AQUA MAX HIIT SQUAD</b>

## 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 HIIT**—Not your typical water workout here! A variety of all the fun components of swimming and exercising will be introduced to this one of a kind session. You don't have to be a confident swimmer at all, we will be using the Hydro slides, Aqua Fitness equipment and being both in and out of the pool for some of our exercises.

**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 Blast** — 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.

**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.

**Mobility & Core** —30min mobility and core class is ideal for strengthening the posterior chain and surrounding muscle groups which are used frequently in all of our classes. Mobility is also a great tool to working towards better technique in movements. Don't underestimate this session... you will most probably be working up a sweat! We highly recommend!