



Penn  
Highlands  
Mon Valley

Center for Fitness and Health

## Aquatics Schedule 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30am H2O Light Angel		9:30am H2O Light Angel		9:00am H2O Plus Donna
12:00pm H2O Plus Donna						
			6:00pm H2O Plus Donna			

### Aquatics Class Descriptions:

**AI CHI:** (Relaxation, Breathing, Meditation, and Unity) is designed to strengthen and balance your energy through breathing and relaxation. This class helps the body increase range of motion in the upper and lower extremities and trunk region.

**H2O Light:** is a low-moderate intensity aerobic workout in water. During this class you will experience resistance training while working the heart.

**H2O Plus:** is an aerobic workout in the water & involves a mixture of cardio and resistance training.