



WATER EXERCISE CLASSES

AT THE DENNIS MALONE AQUATICS CENTER

Water Exercise Classes are offered Monday through Friday at the Dennis Malone Aquatics Center, located at 325 Mix Street, Bristol, CT 06010.

Register for a full 8-week session or drop in!

Resident: \$45 per session / Non-Residents: \$50 per session

Drop in fee: \$10 per class

All fitness levels welcome! Options available to modify class intensity.



Bristol Parks, Recreation Youth and Community Services

Dennis Malone Aquatics Center (DMAC)

www.BristolRec.com | (86) 584-3837

325 Mix

Street, Bristol, CT, 06010

Aquatic Supervisor, Raelynne Andrews

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Aquatic Coordinator, Daniel Stowe

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AQUA AEROBICS - Mid Intensity

Mondays: 9:30 - 10:15 AM or 6:15 - 7:00 PM | Wednesdays: 10:45 - 11:30 AM |

Thursdays: 10:45 - 11:30 AM or 6:15 - 7:00 PM

This class features a mix of aerobic exercises performed in the water. The exercises are designed to increase heart rate. The pace and intensity of the routines are tailored to accommodate the fitness levels of present participants, making each session dynamic and engaging.

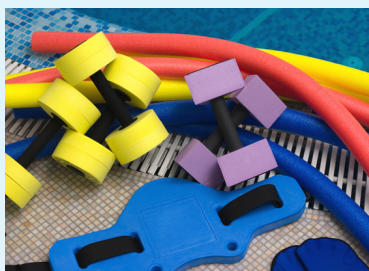
Equipment Used: Aqua Dumbbells, Kickboards, and Pool Noodles



AQUA AI CHI - Low Intensity

Mondays | 10:30 - 11:15 AM

Ai Chi is a water movement and relaxation program that helps individuals enjoy water through deep breathing and slow broad movements done in flowing yet powerful progression. Ai Chi emphasizes the flow of energy (or "chi") in the body, encouraging relaxation, balance, improved range of motion, and coordination.



AQUA BOOTCAMP - High Intensity

Fridays | 10:45 - 11:30 AM or 6:15 - 7:00 PM

A high-energy class that combines interval training with aquatic resistance for a challenging workout. Aqua Bootcamp combines circuits, drills, and a mix of strength training; designed to push limits using the water resistance, buoyancy, and a variety of equipment.

Equipment Used: Aqua Dumbbells, Kickboards, and Pool Noodles



AQUA PILATES "AQUALATES" - Mid Intensity

Tuesdays | 10:00 - 10:45 AM

This class is a combination of Pilates and yoga exercises that are translated into a pool setting using noodles, boards, and pool wall for assistance. These new Aqualates exercises are controlled movements that will challenge your stability, develop your breathing technique and improve core strength.

Equipment Used: Pool Noodles and Kickboards

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AQUA ZUMBA - High Intensity

Tuesdays | 6:15 - 7:00 PM

A dance-based class set to upbeat music, blending traditional Zumba moves with the resistance of water. This class focuses on accessible, rhythmic movements that offer a full-body cardio workout while minimizing impact on joints. Set to high-energy Latin and international music this low-impact workout delivers a fun cardio ex



AQUATICS FOR ARTHRITIS - Mid Intensity

Fountain of Youth

Wednesdays | 9:00 - 9:45 AM

This class focuses on exercises approved by the Arthritis Foundation; which includes walking, gentle stretching, flexing, extension and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, joint movement through its range of motion and gentle stretching through various muscle groups.

Aqua-Interval

Wednesdays | 9:45 - 10:30 AM

Designed for the older adult population, this class leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks. Low-impact exercises.

Equipment Used: Aqua Dumbbells, Pool Noodles, and Balls.



HYDRORIDER UNDERWATER CYCLING - High Intensity

Thursdays and/or Fridays 10:00 - 10:45 AM | Wednesdays 6:15- 7:00 PM

An innovative cycling class using stationary bikes submerged in the pool. Participants are guided through various cycling routines to improve endurance, build muscle, and enhance cardiovascular health, all while reducing joint strain. Water shoes are required for safety and moving parts.

Equipment Used:

Hydro Rider Bike, Water Shoes, Aqua Dumbbells, Kickboards, and

Pool Noodles.



WATER WALKING - Low Intensity

Tuesdays | 10:45 - 11:30 AM

This is a low-impact class takes place mostly in shallow water. Instructors lead the class through a light-intensity cardio workout that consists of walking around in the water while incorporating forward, backward, and side-to-side movements. Speed and direction of walking are varied to increase or decrease the workout. For deep water portions of the class, back floats are used to keep the body upright while traveling into deeper water.

Equipment Used:

Water Belts and Aqua Dumbbells.