



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.



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, including cardio, strength, and flexibility routines designed to increase heart rate. The pace and moves 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 the 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 cardio and 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



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 experience.

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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.



FIT FLOAT - *High Intensity*

Wednesdays | 6:15 - 7:00 PM

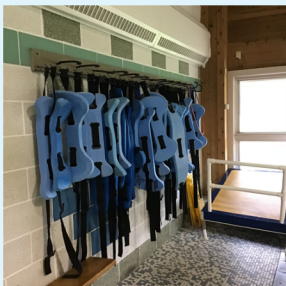
A unique balance, strength, and core workout performed on floating inflatable boards in the pool. The instability of being on water creates a total body workout. Participation is limited to ensure personalized attention for a safe and supportive atmosphere. Equipment Used: Fit Float Boards (Glide Boards).



HYDRORIDER UNDERWATER CYCLING - *High Intensity*

Thursdays and/or Fridays | 10:00 - 10:45 AM

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.

Bristol Parks, Recreation Youth and Community Services

Dennis Malone Aquatics Center (DMAC)

www.BristolRec.com | (860) 584-3837

325 Mix Street, Bristol, CT, 06010

Aquatic Supervisor, Raelynne Andrews

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WATER EXERCISE CLASSES

AT THE DENNIS MALONE AQUATICS CENTER

DMAC WATER EXERCISE SCHEDULE

MON

AM

Aqua Aerobics
9:30 - 10:15 am

Ai Chi
10:30 - 11:15 am

PM

Aqua Aerobics
6:15 - 7:00 pm

TUE

AM

Aqua Pilates
10:00 - 10:45 am

Water Walking
10:45 - 11:30 am

PM

Aqua Zumba
6:15 - 7:00 pm

WED

AM

Arthritis
Ftn. of Youth
9:00 - 9:45 am

Arthritis
Aqua Intervals
9:45 - 10:30 am

Aqua Aerobics
10:45 - 11:30 am

PM

Fit Float
6:15 - 7:00 pm

THU

AM

Hydrorider
10:00 - 10:45 am

Aqua Aerobics
10:45 - 11:30 am

PM

Aqua Aerobics
6:15 - 7:00 pm

FRI

AM

Hydrorider
10:00 - 10:45 am

Aqua Boot Camp
10:45 - 11:30 am

PM

Aqua Boot Camp
6:15 - 7:00 pm

Water Exercise Intensity Scale

