

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:00						12:15	Aqua Mix Nadia	Aqua Beginners Nadia
8:45		Aqua Noodles Nadia		Aqua Sculpt Nadia		13:15		
10:15			Aqua Lower Body Valeriy		Aqua ABS Nadia	14:15	Aqua Noodles Nadia	Aqua Sculpt Nadia
11:15	Aqua ABS Dmitriy	Aqua Upper Body Nadia						
12:15				Aqua Mix Nadia				
13:15					Aqua Mix Nadia			
18:30								
19:00	Aqua Sculpt Valeriy		AQUA FREESTYLE Valeriy					
19:45		Aqua ABS Nadia		Aqua Sculpt Dmitriy				

*In our pool we can teach you to breathe and move correctly, we will study the equipment of all styles of swimming, we will pick up the program for individual classes in water aerobics. Always yours, swimming and water aerobics coaches.*

PROGRAMS FOR BEGINNERS		SPECIALIZED PROGRAMS	
<b>Aqua Beginners 45 min</b>	<i>The training of basic movements of aqua aerobics with the use of elementary movements and simple combinations. It helps to adapt for the water environment. The training is provided on deep and shallow water with the use of special equipment ( gloves; belts).</i>	<b>Aqua MIX 45 min</b>	<i>The lesson for fans prepared aqua aerobics that uses computed sets of exercises to work through all the muscle groups. lesson format allows the use of various equipment at the discretion of the instructor.</i>
<i>For secondary and advanced levels</i>			
<b>Aqua Noodles 45 min</b>	<i>The class is turned to working out of the main muscular groups (a back, abdominals, feet, hands) with the use of the special equipment. It is provided on deep and shallow water with the use of special equipment (noodles, a belt).</i>	<b>Aqua Functional 45 min</b>	<i>This exercise on a stationary bike and treadmill. Effectively strengthens the muscles of the thighs and buttocks, while exerting minimal load on the heart. No body weight pressure on the spine and joints, cardio -vascular system to cope better with the pressures are not affected veins. This activity is suitable for all levels of preparedness.</i>
<b>Aqua ABS 45 min</b>	<i>Lesson mainly aimed at elaboration of the abdominal muscles. It is carried out using special equipment (gloves, belts, Noodles, aqua shoes, dumbbells).</i>	<b>Aqua Dance 45 min</b>	<i>The lesson for those who love and want to dance anywhere, even in the water! Aerobic lessons, aimed at co-ordination and muscle balance of the entire body.</i>
<b>Aqua Lower Body 45 min</b>	<i>Lesson mainly aimed at strengthening the cardiovascular and respiratory system, as well as on the elaboration of the leg muscles.</i>	<b>Aqua Kick 45 min</b>	<i>This programme is designed for all levels of fitness and involves powerful boxing and kicking movements in water. Interval training in the basis, which are techniques of martial arts.</i>
<b>Auqa Upper Body 45 min</b>	<i>Lesson mainly aimed at strengthening the cardiovascular and respiratory system, as well as on the elaboration of the arm muscles. It is carried out using specialized equipment.</i>	<b>Aqua Freestyle 30 min</b>	<i>This programme is used to train all of the muscle groups in a short period of time to achieve your goals as fast, as possible Can be used with all kinds of equipment.</i>
<b>Aqua Sculpt 45 min</b>	<i>The class is turned to working out of the main muscular groups (mainly muscles of feet and an abdominal tension). The training is provided with the use of special equipment (a dumb-bell, aqua boots, noodles).</i>		