

AQUA GROUP CLASS SCHEDULE

FITPLAN/
MASHPEE FITNESS



HOURS:

MON: 5:30AM - 7PM
TUE: 5:30AM - 7PM
WED: 6:45AM - 7PM
THU: 5:30AM - 7PM
FRI: 5:30AM - 7PM
SAT: 7AM - 4PM
SUN: 8AM - 4PM

SCAN ME



MON	TUE	WED	THU	FRI	SAT	SUN
BurdenkoH2O 8am to 8:45am		BurdenkoH2O 8am to 8:45am		BurdenkoH2O 8am to 8:45am	Water Intervals 8:15am to 9am	
AquaFit 9:15am to 10am	BurdenkoH2O 9:15am to 10am	AquaFit 9:15am to 10am	BurdenkoH2O 9:15am to 10am	AquaFit 9:15am to 10am	AquaFit 9:15am to 10am	BurdenkoH2O 10:15am to 11am
	BurdenkoFit 2:15pm to 3:00pm		BurdenkoFit 2:15pm to 3:00pm		FlowH2O 1:15pm to 2pm	CardioH2O 12:30pm to 1:15pm
BurdenkoH2O 5pm to 5:45pm	Power Water 5pm to 5:45pm	BurdenkoH2O 5pm to 5:45pm	Power Water 5pm to 5:45pm	BurdenkoH2O 5pm to 5:45pm		

- **CARDIO FOCUSED CLASS**
- **STRENGTH FOCUSED CLASS**
- **MIND/BODY RECOVERY FOCUSED CLASS**

Welcome to Group Fitness at FitPlan!

We're so glad you're here. Our classes are designed to support every body—whether you're brand new to fitness, returning from rehab, or looking for a fresh challenge. From land-based favorites to dynamic aquatic sessions, you'll find something that moves you. All classes are led by certified, encouraging instructors who will meet you where you are and cheer you on every step of the way.

Cardio H2O

Make a splash with this high-energy water workout designed to elevate your heart rate, burn calories, and tone your muscles—all with minimal impact on your joints. Great for all fitness levels and guaranteed to leave you feeling refreshed.

Burdenko H2O

Experience the power of the water with this recovery-focused aquatic workout based on the Burdenko Method. This class emphasizes balance, flexibility, and strength in a supportive, low-impact environment. Ideal for all levels and especially effective for rehabilitation.

BurdenkoFIT

Get the best of both worlds with this fun and effective fusion of AQUAFIT and Burdenko H2O! You'll move through deep and shallow water circuits that enhance endurance, coordination, balance, and overall strength.

Power Water

Crank up the intensity with this deep-water workout based on the Burdenko Method. Designed for athletes and advanced participants, this class pushes your limits with powerful aerobic and strengthening movements.

AQUAFIT

Splash into fun with this upbeat shallow water aerobics class! With energizing music and a focus on cardio and total-body toning, AQUAFIT is great for all fitness levels and requires no swimming skills.

Water Interval

This deep water interval class takes your aquatic training to the next level. Alternate between bursts of intense effort and active recovery to improve endurance, strength, and overall performance—all while enjoying the benefits of low-impact movement.

Need help choosing a class?

We're here for you! Ask a team member for guidance based on your goals and comfort level. We can't wait to see you in class!