

Aquatic Group Exercise Schedule

Schedule effective November 6, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Deep Water Workout 8:00 – 8:45 am Wendy		
Aqua Zumba 9:15 - 10:15 am Suzanne	Aquatic Fitness 9:00 – 9:55 am Lisa	Aquatic Fitness 9:15 - 10:15 am Sheri	Aquatic Fitness 9:00 – 9:55 am Debbie	Aquatic Fitness 9:15 - 10:10 am Sheri	Aquatic Fitness 9:20 -10:15 am Katie	Aquatic Fitness 9:00 – 10:00 am Rotation
Arthritis 10:15 - 11 am Lisa	Arthritis 10:00 - 10:45 am Lisa		Arthritis 10:00 - 10:45 am Lisa	Aqua Zumba 10:15 – 11:10 am Suzanne		
			Arthritis Endurance 10:50-11:35 am Lisa			
Arthritis 5:45 - 6:30 pm Sharon		Arthritis 5:45 - 6:30 am Karen				
Aquatic Fitness 6:30 -7:30 pm Katie		Aquatic Fitness 6:30 – 7:30 pm Karen				

Aqua classes take place in the lap pool, please shower before entering pool area. Water shoes are recommended for all aqua classes.

Aquatic Fitness: These classes include cardiovascular, strength and stretching components. When exercising in the water you can work up to 12 times harder without stress on the bones and ligaments. The dynamics of the water allows you to work at a lower heart rate and achieve the same benefits as you do working in your training heart rate zone on land. Equipment may be used to enhance your workout such as hand bouys, noodles, paddles tubing, etc.

Calming Waters: This class is held in the warm water pool. A flowing progression of Yoga, Pilates and Ai Chi movements combined with deep breathing. Improves balance and flexibility while reducing stress. Let the calming waters strengthen your body and caress your spirit.

Aqua Zumba: Add a Latino flare to your water workout party that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

Deep Water Workout: 30 minutes of deep water fitness followed by 15 minutes of strength training in the wam water pool using a variety of equipment.

Aqua Arthritis: Arthritis Foundation certified instructors will lead you through a series of exercises that can help relieve pain and stiffness caused by arthritis in the warm water pool. These classes are also great for fibromyalgia and pain management. Classes require advanced registration and additional fee for a 12 week session.

Arthritis Endurance: Classes held in the Warm Water. Same as Arthritis with a more advanced endurance component. Classes require advanced registration for a 12 week session.