

Main Pool Water Exercise Classes

January 1st – April 1st, 2012

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---|--|--|---|---|---|
| 5:45 - 7 | 5:45 – 6:45 am Seize the Day (deep) | 5:40 - 6:10 am Hydrorider 6:15 - 6:45 am Hydrorider | 5:45 – 6:45 am Kick Start Your Day (deep) | 5:40 – 6:10 am Hydrorider 6:15 - 6:45 am Hydrorider Last Thursday of Every Month Mix & Max | 5:45 – 6:45 am Mix it Up: Fun Moves for overall conditioning | |
| 7 – 8 am | | 7 - 7:30 am Power 30 | | 7 - 7:30 am Power 30 | | |
| 8 – 9 am | 8:30 – 9:15 am Fresh Start (deep) | 8:15 – 9 am Anything Goes! (shallow) | 8:30 – 9:15 am Deep Water Cardio Circuit (2 nd & 4 th) | 8:15 – 9 am Aqua Zumba (shallow) | 8:15 - 9 am Deep Water Cardio/Circuit | 8 – 8:45 am Saturday Morning Jolt (Shallow) |
| 9 – 10 am | | 9 – 10 am Full Pool Cardio | | 9- 10 am Aqua Gym (deep) | 9-9:30 am Deep Water Running | 8:45 – 9:30 am Saturday Morning Burst (Deep) |
| 10 – 11 am | 10 – 11 am Shallow Water Force | | 10 – 11 am Anything Goes! (shallow) | | 9:40 – 10:30 am Anything Goes! (shallow) | 9:35 – 10:15 Working Out For 2 |
| 1 – 2 -pm | 1 – 2 pm Fit & Fab (deep water) | | 1 – 2 pm Switch Change Rearrange (deep water) | | 1 – 2 pm Sinkyoursize Circuit (1 st & 3 rd Friday) Liquid Heat (2 nd & 4 th Friday) (deep) | |
| 4:00 – 5 pm | 4:30 – 5 pm Buns-n-Bellies Gym Clothes – Classroom B | | | | | |
| 5 – 6 pm | 5:15 – 6:15 pm High Intensity Shallow | 5:30 – 6 pm Anything Goes | | 5:30 – 6:30 pm High Power Combo | | |
| 6 – 7 pm | 6:15 - 7 pm Working Out for 2 | 6:00 – 6:30 Deep Water Cardio/Circuit | 6:15 – 7 pm Working Out For 2 | | | |
| 7 – 8 pm | 7 - 7:45 pm Deep Water Cardio | | 7:00 – 7:45 pm Fit & Fab | | | |



Class Descriptions

ANYTHING GOES: This shallow water class may include intervals, circuits, weights, bands, step, plyometrics, balls, etc. This class will give you the variety you've been looking for!

AQUA GYM: Experience a class incorporating land aerobic kickboxing, cycling, laps, weights, etc. Strengthen muscles, reduce body fat, burn 300-500 calories. Be ready for a high-paced class.

AQUA ZUMBA: Join the Party! Join us for fun, fitness dance party.

BUNS-N-BELLIES: A great lower body workout.

DEEP WATER CARDIO/CIRCUIT: Two times a month class will follow a circuit format, rotating through various total body exercises. Two times a month class format will include 30 minutes of cardio followed by abdominal exercises.

FIT & FAB: Deep water class that improves your "Fit"ness level by increasing muscle strength, endurance, metabolism & flexibility. A variety of aquatic equipment & interval training will create a challenging "Fab"ulous workout for any fitness level.

FRESH START: Deep water class that uses noodles and incorporates the core.

FULL POOL CARDIO: Be pushed in this high energy class. Starting in the deep, we'll use the entire length and width of the pool. The goal is to keep your heart rate up for a continuous 40-45 minutes. Using intervals, you'll boost your metabolism and burn more calories throughout the day by deep water running, swimming, kicking, etc. Bring your water bottle!

HIGH INTENSITY SHALLOW: Shallow water high intensity aerobics. May periodically include hydrorider.

HIGH POWER COMBO: This class focuses on increasing cardiovascular endurance, body toning and core strengthening. We'll spend time in both the shallow and deep ends of the pool. Come work off stress and calories with us!

HYDRORIDER: Work at your own pace and try a new cycling experience in the water! Shoes are required.

KICK START YOUR DAY: A high intensity deep water class with shallow water intervals utilizing plyometrics and resistance techniques that focus on torso and lower body strengthening

LIQUID HEAT: Turn up the heat in the deep water by using power moves that increase intensity.

MIX IT UP: Fun moves for overall conditioning. This class focuses on land exercises modified for deep and shallow water performance. Rotate kickboxing, relays, balls, circuit, calisthenics, and dance with traditional water aerobics to make the Friday class a fun way to start your weekend.

OPEN DEEP WATER RUNNING: Runners...improve your endurance and speed by training once a week in the water! Staff is available to give tips on form and method or you're welcome to try it on your own.

POWER 30: Class may use weights, fins, dummies, steps, swim laps, in the deep or shallow or mix it up. Whatever we do, you'll get a 30 minute power workout.

SATURDAY MORNING BURST: This deep water cardio class will give you that burst of energy you need to get through your weekend and feel great! Come to this class if you need someone to encourage and motivate you to reach your exercise potential.

SATURDAY MORNING JOLT: Get your heart pumping and start your Saturday right with this cardio class taught in the Shallow water. This class focuses on using intervals to boost your metabolism and increase your endurance! May include weights or resistance bands.

SEIZE THE DAY: A high intensity deep water class with intervals that focus on upper body strengthening utilizing a variety of equipment.

SINKYOURSIZE CIRCUIT: Circuit has variety of moves combined to benefit and challenge the heart. Consistent effort will be rewarded as the heart is challenged.

SHALLOW WATER FORCE: First part of class will be water walking; followed by 40 minutes of cardio and cool down.

SWITCH CHANGE REARRANGE: This deep water exercise class will begin with a warm-up and move on with a chance to switch up your regular workout and rearrange muscle movement to see change.

WORKING OUT FOR 2: An aerobic/toning class specifically designed for expectant mothers. The first Wednesday of the month a child birth educator comes to class at 6 pm for education time.

Water Exercise Schedule

January 1- April 1, 2012



Swimming Pool Hours

Pool Closes 15 Minutes before Facility

Monday – Friday

5:25 a.m. – 9:45 p.m.

Saturday

6:55 a.m. – 5:45 p.m.

Sunday

9:55 a.m. – 5:45 p.m.

