

Use this guide to find the appropriate class intensity

- Gentle, Introduction, Beginner
- Intermediate, All Levels with Modifications
- Most Challenging, Advanced; Intermediate w/ Modifications

## Group Exercise Pool Class Schedule July 1 - Sept 29, 2019

MON	TUE	WED	THU	FRI	SAT & SUN
<b>8-8:45a</b> Aqua Boot Camp <i>Kelly</i>		<b>8-8:45a</b> Aqua Boot Camp <i>Kelly</i>			
<b>9a-10a</b> Water Workout <i>Tara</i>	<b>9a-10a</b> Water Workout <i>Rotating</i>	<b>9a-10a</b> Water Workout <i>Tara</i>	<b>9a-10a</b> Water Workout <i>Christina</i>	<b>9a-10a</b> Water Workout <i>Rotating</i>	<b>9a-10a SAT</b> Water Workout <i>Sue</i>
	<b>10:15-11a</b> Water Yoga <i>Julie</i>		<b>10:15-11a</b> Water Yoga <i>Kelly</i>		
<b>10:20-11:05a</b> Power Water (Lap) <i>Rotating</i>		<b>10:20-11:05a</b> Power Water (Lap) <i>Kelly</i>		<b>10:20-11:05a</b> Power Water (Lap) <i>Christina</i>	
<b>10:30-11:15a</b> Arthritis Workout <i>Tara</i>	<b>11:15a-12p</b> Arthritis Workout <i>Julie</i>	<b>10:30-11:15a</b> Arthritis Workout <i>Adrienne</i>	<b>11:15a-12p</b> Arthritis Workout <i>Nicole/Kelly</i>	<b>10:30-11:15a</b> Arthritis Workout <i>Adrienne</i>	<b>10:30-11:30a SUN</b> Water Workout <i>Sue</i>
<b>5:30-6:30p</b> Water Workout <i>Heather</i>	<b>5:30-6:30p</b> Water Workout <i>Sue</i>	<b>5:30-6:30p</b> Water Workout <i>Heather</i>	<b>5:30-6:30p</b> Water Workout <i>Sue</i>	<b>5:30-6:30p</b> Aqua Volleyball	

**Please do not enter any class 10 minutes after the start time or after the warm-up is complete.**

For your safety, classes are limited to: 28 participants in Therapy Pool; 30 participants in Lap Pool.

We recommend participants wear water shoes during pool classes.




**Open Exercise:** The Therapy Pool can be used for exercise or relaxation when classes are not in session.

Lap Pool - A minimum of three lanes are **ALWAYS** available for **OPEN SWIM** times .

**Pool Hours: Mon-Fri: 5am-9:15pm Sat-Sun: 7am-4:45pm**

# POOL CLASS DESCRIPTIONS

In general, participants of all levels are welcome in all aqua classes. Instructors encourage everyone to work at their own pace and implement appropriate modifications when needed. Please use the **INTENSITY KEY** below as a general guide to choose an appropriate class level:

-  **Gentle, Introduction, Beginner**       **Intermediate, All Levels with Modifications**  
 **Most Challenging, Advanced; Intermediate with Modifications**

## Arthritis Workout

Gentle water aerobics that uses the warmth of the Therapy Pool to facilitate basic range of motion and strength exercises. This is a 45-minute class.

## Water Yoga

A new twist on an old tradition! Enjoy the mind/body benefits of yoga in the warmth of the Therapy Pool. Anyone can reap the benefits of this special fusion class.

## Aqua Volleyball

End your week with some Friday fun in the pool.

## Power Water

A fun cardiovascular challenge in the lap pool using a variety of exercise to keep you movin'!

## Water Workout

A full-body strengthening and cardiovascular workout using the properties of the water and equipment to train without joint strain. Improve endurance and strengthen your core, heart, and lungs.

## Aqua Boot Camp

Kick up the intensity with timed drills and traditional boot camp style exercises with water equipment that will make you sweat. A high-intensity workout to get you into shape and out of your aquatic comfort zone!