

**Use this guide to find the appropriate class intensity**

- Gentle, Introduction, Beginner
- Intermediate, All Levels with Modifications
- Most Challenging, Advanced; Intermediate w/ Modifications
- Aquatic Special Program. Pre-payment & pre-registration required.

## Pool Class and Aquatic Special Program Schedule - November 2020

MON	TUE	WED	THU	FRI	SAT & SUN
8-8:45a Aqua Boot Camp <i>Kelly</i>		8-8:45a Aqua Boot Camp <i>Kelly</i>		8-8:45a Aqua Boot Camp <i>Lynn</i>	
	8:45a-9:30a Water Workout <i>Lynn</i>		8:45a-9:40a Aqua & Yoga <i>Kelly</i>		
9:15-10a Water Workout <i>Kristin</i>		9:15-10a Water Workout <i>Lindsey</i>		9:15-10a Water Workout <i>Lindsey</i>	9a-10a SAT Water Workout <i>Sue</i>
	10a-10:45a Power Water (Lap) <i>Lynn</i>		10a-10:45a Power Water (Lap) <i>Kelly</i>		
10:30-11:15a Arthritis Workout <i>Kristin</i>		10:30-11:15a Arthritis Workout <i>Lynn</i>		10:30-11:15a Arthritis Workout <i>Christina</i>	
					9:30a-10:45a SUN Aqua & Yoga <i>Sue</i>
4:30p-5:15p Water Workout <i>Sarah</i>					
	5:30-6:30p Water Workout <i>Sue</i>		5:30-6:30p Water Workout <i>Sue</i>		

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

**Advance registration required for all pool classes. Call 540-536-3000 & press option 2 to reserve a spot in the class 2 hours prior to the start time.**

Health standards recommend a soap shower before using swimming pools.

Wearing water shoes is recommended during pool classes.

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

Members are welcome to use the therapy pool during swim lesson times, but pool jets may be off.

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

Lap lanes needed for classes close 5 minutes prior to class start time.

**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**



**Most Challenging, Intermediate with Modifications**



**Aquatic Special Programs, Fee based**

## 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.

## Aqua & Yoga

Enjoy a full-body workout in the pool with an emphasis on cardio conditioning and strength. Class ends with an extended focus on flexibility and relaxation by adapting yoga movements into the water environment.

## 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!