ValleyHealth
Wellness & Fitness

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 Schedule - January 2023

MON	TUE	WED	THU	FRI	SAT & SUN
8a-8:45a Aqua Boot Camp ***Kelly***		**8a-8:45a** Aqua Boot Camp ***Kelly***		**8a-8:45a** Aqua Boot Camp ***Sue***	
9a-9:45a Water Workout ***Lindsey***	**9a-9:45a** Water Workout ***Sue***	**9a-9:45a** Water Workout ***Lindsey***	**9a-9:45a** Water Workout ***Christina***	**9a-9:45a** Aqua Zumba® ***Yliana***	**9a-9:45a** Water Workout ***Sue***
10a-10:45a Power Water **(Lap)** ***Sue***	**10a-10:45a** Water Yoga ***Sue***	**10a-10:45a** Power Water **(Lap)** ***Lindsey***	**10a-10:45a** Water Yoga ***Kelly***	**10a-10:45a** Power Water **(Lap)** ***Sue***	**10:15a-10:45a** Water Babies
10:30a-11:15a Arthritis Workout ***Kristin***		**10:30a-11:15a** Arthritis Workout ***Sue***		**10:30a-11:15a** Arthritis Workout ***Kelly***	**9:30a-10:15a SUN** Aqua Zumba® ***Yliana***
4:15-5:15p Swim Lessons		**4:15-5:15p** Swim Lessons			
	5:30p-6:15p Water Workout ***Christina***	**5:30p-6:15p** Water Yoga ***Christina***	**5:30p-6:15p** Aqua Zumba® ***Yliana***	**5:30p-7:00p** Water Volleyball	
	6:30p-7:30p Swim Lessons		**6:30p-7:30p** Swim Lessons		

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

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. During exercise classes, the therapy pool is closed for members not actively participating in the class. 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**
- **Most Challenging, Intermediate with Modifications**
- **Intermediate, All Levels**
- **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.

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.

Aqua Zumba®

Blend Zumba® philosophy and music with traditional water exercises and water resistance for one fun pool party!

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!

BOGAFIT®

An innovative aquatic program inspired by stand-up paddle boarding and fitness, incorporates HIIT, Pilates, and yoga. Monthly or single sessions available. Pre-registration and pre-payment required.

Kids Group Swim Lessons

Swim lessons for all levels ages 3-11 years. Monthly sessions held on Monday and Wednesday nights or Tuesday and Thursday nights. Please register in advance of the monthly session.