



GROUP FITNESS: AQUA

EFFECTIVE SEPTEMBER 10, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:45 am DRILLS Deborah/Rich/Brenda MP	8:00-8:45 am RIDE Deborah MP	7:00-7:45 am TABATA Carolyn MP	9:00-9:45 am PILATES PLUS Colleen WWP	7:00-7:45 am KICKIN' IT Amber-Sky MP
9:00-9:45 am TURBO FIN Deborah MP	9:00-9:45 am ALL TIED UP Deborah MP	9:00-9:45 am TURBO FIN Deborah MP	9:30-10:15 am HIGH-LOW Brenda MP	9:00-9:45 am DWR Deborah MP
10:00-10:45 am CIRCUITS Carolyn MP	10:00-10:45 am COLLEEN'S CHOICE Colleen MP	10:00-10:45 am NEW! INTO THE DEEP Deborah MP	10:00-10:45 am \$ FIGHT BACK UH20 Colleen/Helen WWP	10:00-10:45 am POWER Wendy WWP
11:00-11:45 am POOL POWER Carolyn MP	10:00-10:45 am JUST MOVE IT Wendy WWP	11:00-11:45 am POOL POWER Carolyn MP	11:00-11:45 am JOINT EFFORT-DEEP Colleen MP	10:00-10:45 RIDE Deborah MP
11:00-11:45 am AFA-Arthritis Foundation Approved Kay WWP	11:00-11:45 am CANCER RECOVERY Wendy WWP		11:00-11:45 am WATER WONDERS Kate WWP	11:00-11:45 am FLAPPOLINES Brenda MP
7:00-7:45 pm RESTORATIVE YOGA Lisa F. WWP	1:00-2:00 pm MS FIT \$ Ann Marie MP		1:00-2:00 pm MS FIT \$ Ann Marie MP	11:00-11:45 am AFA-Arthritis Foundation Approved Kay WWP
	7:00-8:30 pm VOLLEYBALL Kathie L. WWP		7:00-8:30 pm VOLLEYBALL Kathie L. WWP	12:00-12:45 pm SILVER FOX* \$ Brenda WWP

MP=Main Pool WWP=Warm Water Pool

AQUA FITNESS CLASS DESCRIPTIONS

Shallow Water Classes

AFA-ARTHRITIS FOUNDATION APPROVED: A low impact workout designed to maintain and improve flexibility and range of motion for individuals affected by Arthritis.

CANCER RECOVERY: This is a specialized program for women who have had surgery for cancer. The program includes 45 minutes in a private, warm pool with an instructor to help patients with range of motion and water exercise.

For women 6 months to 24 months post-surgery or cancer treatment. Saint Clare's Hospital patients-this program is grant funded. Contact Kathy Fisher to register.

CIRCUITS: Intense-move from station to station for strength and cardio!

DRILLS: This format combines strength and cardio in shallow & deep water. Intermediate swimming skills and goggles are required.

FLAPPOLINES: Combine upper body exercises while jumping on our underwater trampolines to tone your lower body! Arrive early-space is limited and setup is necessary.

HIGH-LOW: This class will take you through a series of changing intensity. Interval training at its best. High energy cardio with long slow stretch & cool down.

JUST MOVE IT: Whether a beginner or veteran to water workouts, you'll be challenged with intervals, balance, strength and endurance training and a variety of activities. Your own pace class format, so jump in and just move it.

KICKIN' IT: Exercise in the water with a focus on kicking. Kicking in the water is a great cardio workout, muscle strengthening to your abs, back and legs, and even weight loss. The classes will do a variety kicking workouts for 45 minutes, with the use of fins, kickboards and a variety of other equipment.

PILATES PLUS: Pilates training plus a little stabilization, a little strength and a little cardio. Appropriate for all levels.

POOL POWER: You have the POWER! You control the level of the workout that suits you best!

POWER: Fast paced cardio and resistance work and cool down. We promise to power up your workout. Suitable for all levels.

RESTORATIVE YOGA: Restorative yoga will provide support to open and relax joints, lengthen the spine into alignment and use the breath and movement to promote a meditative quality to the practice...candlelight & music too!

TABATA: An intense workout that is easy on the joints. Rounds of high-intensity exercise in a 20 seconds on, 10 seconds off sequence.

VOLLEYBALL: Spike and splash is back for the entire session. Get in shape and have some non-competitive fun. 18+

WATER WONDERS: Class uses the ancient practices of Yoga and Tai Chi in a soothing warm water environment.

Relaxing stretches and gentle poses will improve balance and circulation-create flexibility and relieve stress.

Underwater Bike Class (Water shoes are required-Limited to 10 participants)

RIDE: Spinning in the water. Cardio levels run from moderate to high intensity, plus resistance work to sculpt the arms.

Deep Water Classes YOU DON'T NEED TO BE A SWIMMER, BUT MUST BE COMFORTABLE IN DEEP WATER

ALL TIED UP: A high intensity interval training workout. Participants will run, swim and stride while tethered to the pool wall.

JOINT EFFORT DEEP: A SUPER cardio and resistance workout with special emphasis on maintaining joint integrity.

DWR (Deep Water Running): Runners-why not subtract from all of that joint pounding roadway mileage that you are accruing each week? Deep water running is the perfect runner's companion providing sports specific training with off-loading of the joints.

INTO THE DEEP: A high intensity class taught in the deep end of the Main Pool. Get ready for an awesome workout!

TURBO FIN: It's finning kicked up a notch! A high intensity aerobic workout creating resistance by using swim fins.

\$ MS FIT (Multiple Sclerosis Fitness): Exercise is essential for overall well-being. Research has shown that exercise can also help manage symptoms of Multiple Sclerosis. These specialized programs focus on maintaining functional ability, improving balance, coordination, mobility, range of motion and combat fatigue.

\$ FIGHT BACK UH20: Aquatic boxing class for people diagnosed with Parkinson's Disease. Work on balance & gait training without the fear of falling or injury.

\$ SILVER FOX: The group meets every Friday from September 14, 2018 - June 7, 2019 for an Aqua Fitness Class from 12:00-12:45 pm in the Warm Water Pool. Cost is \$125 per person.