

Aquatic Exercise Schedule



McConnell Heart Health Center

July - August 2017

OhioHealth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 am Cardio Combo Lap Pool George 60 Min	8:00 am Liquid Gym Lap Pool Deb 45 min	6:00 am Liquid Gym Lap Pool Cheryl 60 min	8:00 am Classic Cardio Lap Pool Lisa D. 45 min	8:00 am Water Yoga Warm Water Pool Deb 45 min	6:15 am Ai Chi Warm Water Pool Lisa D. 45 min	9:00 am 4 Quarters Lap Pool Mindy 60 min.
12:00 pm Liquid Balance Warm Water Pool George 60 min	9:00 am Next Level Lap Pool Deb 60 min	8:00 am Water Yoga Warm Water Pool Deb 45 min	9:15 am Cardio Combo Express Lap Pool Cheryl 45 min	9:00 am Shallow Warm Water Cardio Warm Water Pool George 30 min	8:00 am Strength and Conditioning w/Hydrotone Lap Pool Jack 45 min	10:00 am Shallow Warm Water Cardio Warm Water Pool Amy/Cheryl/Randi 30 min
	10:00 am Liquid Balance Warm Water Pool Mindy 60 min	9:00 am Shallow Warm Water Cardio Warm Water Pool Deb 30 min	10:00 am Liquid Balance Warm Water Pool Cheryl 60 min	9:30 am Warm Water Strengthening II Warm Water Pool George 30 min	9:00 am Cardio Combo Lap Pool Cheryl 60 min	10:30 am Warm Water Strengthening II Warm Water Pool Amy/Cheryl/Randi 30 min
	11:00 am Arthritis Aquatics Warm Water Pool Mindy 60 min	9:30 am WW Strength II Warm Water Pool Deb 30 min	11:00 am Arthritis Aquatics Warm Water Pool Deb 60 min	10:00 am Aqua Cardio Light Lap Pool Cheryl 60 min	10:00 am Liquid Balance Warm Water Pool Cheryl 60 min	11:00 am Arthritis Aquatics Warm Water Pool Amy/Cheryl/Randi 60 min
	1:15 pm Water Yoga Warm Water Pool Deb 45 min	10:00 am Aqua Cardio Light Express Lap Pool Lisa D. 45 min	12:15 pm Aqua Pilates Warm Water Pool Kami 45 min	11:00 am Deep Warm Water Cardio Warm Water Pool Deb 30 min	11:00 am Arthritis Aquatics Warm Water Pool Cheryl 60 min	12:00 pm Deep Warm Water Cardio Warm Water Pool Amy/Cheryl/Randi 30 min
	5:00 pm Shallow Warm Water Cardio Warm Water Pool Ellen 30 min	11:00 am Deep WW Cardio Warm Water Pool Mindy 30 min	1:00 pm Water Walk/Run Lap Pool Mindy 45min	11:30 am Warm Water Strengthening I Warm Water Pool Deb 30 min	1:15 pm Water Yoga Warm Water Pool Lisa P. 45 min	12:30 pm Warm Water Strengthening I Warm Water Pool Amy/Cheryl/Randi 30 min
	5:30 pm Warm Water Strengthening II Warm Water Pool Ellen 30 min	11:30 am WW Strength I Warm Water Pool Mindy 30 min	5:00 pm Shallow Warm Water Cardio Warm Water Pool Bonnie 30 min	2:30 pm Liquid Balance Warm Water Pool Lisa P. 60 min	3:00 pm Arthritis Aquatics Warm Water Pool Kathy 60 min	
	5:45 pm Classic Cardio Lap Pool Susan 60 min	3:00 pm Arthritis Aquatics Warm Water Pool Mindy 60 min	5:30 pm Warm Water Strengthening I Warm Water Pool Bonnie 30 min	5:15 pm Plyometric Intervals Lap Pool Jack 45 min	4:15 pm T.G.I.F Lap Pool Kathy 60 min	
	6:00 pm Arthritis Aquatics Warm Water Pool Ellen 60 min	5:15 pm Plyometric Intervals Lap Pool Jack 45 min	5:30 pm 4 Quarters Lap Pool Mindy 60 min	6:00 pm Deep Warm Water Cardio Warm Water Pool Randi 30 min		
		6:00 pm Deep WW Cardio Warm Water Pool Mindy 30 min	6:00 pm Arthritis Aquatics Warm Water Pool Ellen 60 min	6:30 pm Warm Water Strengthening I Warm Water Pool Randi 30 min		
		6:30 pm WW Strength I Warm Water Pool Mindy 30 min		6 – 7 pm Aqua Challenge Lap Pool Susan 60 min		
		6 – 7 pm Step in the Water Lap Pool Susan 60 min		7:00 pm CORE in the Water Warm Water Pool Natalie 60 min		
		7:15 pm Ai Chi Warm Water Pool Ellen 45 min				

**COMPLIMENTARY
WITH YOUR MEMBERSHIP:
LAP POOL CLASSES:**

Listed in ascending order of difficulty
(All lap pool classes are somewhat hard
to hard aerobic classes).

WATER WALK/RUN – (all levels) 45
minutes of various water walking and
running movements. Add speed and your
workout intensity

AQUA LIGHT (all levels) Perfect class for
beginners to learn the basics. Also ideal for
intermediate and advanced levels to modify
the range of motion and speed of the
movements to create as much intensity as
desired.

TGIF - (all levels)
Get warmed up! This is your opportunity to
get your RDA of cardio (eclectic-interval
style) a little muscle toning and
strengthening, and a stretch to ease out the
kinks. Welcome to the weekend!

LIQUID GYM – (intermediate) This full body
workout utilizes strength training
interspersed with cardio conditioning. Each
week will be a new and different workout!

NEXT LEVEL – (intermediate to advanced)
Take your cardio fitness to the next level in
this 1 hour water aerobics class. Using
levels 5 -10 (50%-100%) of your maximum
efforts will be taught. The class is geared to
your individual level needs.

CLASSIC CARDIO - (intermediate to
advanced) In this class, it's all cardio! The
tempo will begin at 135 bpm and
progressively get harder and faster and
peaking at 150 bpm. Strengthening
equipment will be used for at least 10
minutes.

CARDIO COMBO – (intermediate to
advanced) Uses various cardio formats of
interval training, circuit training, water
boxing, toning and more.

4 QUARTERS - (intermediate to advanced)
This one hour class is divided into four
quarters of fifteen minutes each. The first
quarter begins with a- intermediate
cardio, second quarter - plyometric
explosive moves, third quarter- high energy
cardio and the final quarter finishes with
strengthening using resistive equipment and
stretching. Get your heart rates up and work
it! Are you in the game?

PLYOMETRIC INTERVALS – (intermediate
to advanced) This 45 minute interval style,
cardio-strengthening class, will incorporate a
variety of plyometric training drills to give
participants a unique challenge.

LAP POOL CLASSES (Continued):

**STRENGTH AND CONDITIONING WITH
HYDROTONE** – (intermediate to advanced)
Intense cardio training for 30 minutes using
Hydrotone equipment. The last 15 minutes
are reserved for strengthening and stretching.

STEP IN THE WATER - (advanced) Fast
paced cardio workout applying combination
steps and plyometrics, emphasizing lower
body and core muscle groups. Advanced
aquatic exercise experience highly
recommended.

AQUA CHALLENGE – (advanced) For the
serious fitness-minded...Intermix of high
intensity cardio and strength training water
moves.

WARM WATER CLASSES:

SPECIALTIES:

AI CHI – (all levels) The warm water exercise
class is comprised of deep breathing and slow
broad movements of the arms, legs and torso
at shoulder depth. The main focus is
relaxation. Secondary benefits are improved
range of motion and overall mobility.

AQUA PILATES – (all levels) Basic Pilate's
moves are adapted for the warm water pool.
The focus is on strengthening the smaller, less
used muscles attached to the spine. Great
class for those with back problems. Class is
very gentle, yet powerful and effective.

WATER YOGA – (all levels) Basic yoga poses
are adapted for the warm water pool. The
main focus is on dynamic strengthening,
stretching, balance, and relaxation. Body
awareness and mental focus are enhanced
through the union of mind, body and breath.

CORE IN THE WATER – (all levels) This class
consists of strengthening exercises for the
abdominals, low back, hamstrings, quadriceps,
gluteals, and the smaller, less used muscles
attached to the spine.

WARM WATER CLASSES:

STAMINA BUILDERS:

I. ARTHRITIS FOUNDATION AQUATICS –
(beginning) This warm water class is designed
for individuals with mobility challenges, i.e.
arthritis, surgery or joint injuries. Emphasis is on
range of motion, balance and mild strengthening
exercises. Deep-water exercise is optional. This
is a "stepping stone" to Liquid Balance.

II. LIQUID BALANCE – (all levels) Whole body
strengthening, stretching and balance work is the
primary focus. Suspended and anchored
movements are also utilized to increase stamina.
The last 5 minutes are reserved for a relaxation.
This is a "stepping stone" to the deep warm
water workout.

III. DEEP WARM WATER CARDIO – (beginning
to intermediate) Mild 5 minute warm-up with 25
minutes of moderate intensity cardio in deep
water. Deep water belts are used to enhance
core strengthening. This is a "stepping stone" to
Shallow Warm Water Cardio.

STRENGTHENING I – (beginning to
intermediate) This warm water, 30-minute class,
includes strength training for 20 minutes using
non-buoyant, resistive equipment. The last 10
minutes is reserved for stretching and relaxation.

IV. SHALLOW WARM WATER CARDIO –
(beginning to intermediate) Mild 5 minute warm-
up with 25 minutes of moderate intensity cardio
in shallow water. This is a "stepping stone" to
Aqua Light (lap pool class).

STRENGTHENING II – (beginning to
intermediate) This warm water, 30-minute class,
includes strength training for 20 minutes using
buoyant, or non-buoyant, resistive equipment.
The last 10 minutes is reserved for stretching
and relaxation.

Note: Instructors are subject to change. Classes
averaging less than 6 participants are subject to
change or removal from the schedule.