

# Aquatic Exercise Schedule



McConnell Heart Health Center

OhioHealth

September – December 2019

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

Please note, there are additional times that the lap or warm water pools are reserved for clinical programs not listed on the schedule. Any special programs will be posted two weeks in advance.

Instructors and classes are subject to change. Classes averaging fewer than 6 participants, may be removed from the schedule.

## 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.

**AQUA CIRCUIT** (intermediate to advanced) A station formatted workout that focuses on training the aerobic and muscular strength systems using a variety of equipment.

**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.

**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.

**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:

**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.

**AQUA BARRE (all levels)** Bring the extremely popular Barre format to the pool. Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body.

## 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.

## NEW!! 30 Minute Classes:

**Healthy Knee Class** (all levels) This class is designed to increase the range of motion and improve the overall health of the knee joint. Movements will include knee extension, knee flexion, and various stretches. Benefits may include enhanced mobility and decreased joint pain.

**Healthy Back** (all levels) This class is designed to improve the overall health of the spine and its associated elements. Movements will include postural correction exercises, core work, and gentle strengthening exercises. Benefits may include enhanced posture and mobility, and decrease of pain