

# Aquatic Exercise Schedule

September - December 2017

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

**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): WARM WATER CLASSES:

**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.

### 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.