

# WATER FITNESS SPRING SESSION 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H <sub>2</sub> O INTERVAL 6:00-6:45 a.m.		H <sub>2</sub> O INTERVAL 6:00-6:45 a.m.			
WATER FITNESS CHALLENGE 9:00-9:45 a.m.	WATER IN MOTION 9:00-9:45 a.m.	WATER FITNESS CHALLENGE 9:00-9:45 a.m.	WATER IN MOTION 9:00-9:45 a.m.	WATER FITNESS CHALLENGE 9:00-9:45 a.m.	WATER IN MOTION 9:00-9:45 a.m.
*MS/ARTHRITIS "PLUS" 9:50-10:35 a.m. \$22/\$66		*MS/ARTHRITIS "PLUS" 9:50-10:35 a.m. \$22/\$66		*MS/ARTHRITIS "PLUS" 9:50-10:35 a.m. \$22/\$66	
WATER FITNESS 10:40-11:25 a.m.	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 a.m.	WATER FITNESS 10:40-11:25 a.m.	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 a.m.	WATER FITNESS 10:40-11:25 a.m.	
* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 a.m.-12:15 p.m.	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$17/\$51 11:30 a.m.-12:15 p.m.	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 a.m.-12:15 p.m.	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$17/\$51 11:30 a.m.-12:15 p.m.	* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 a.m.-12:15 p.m.	
ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 p.m.	SILVER SNEAKERS SPLASH 1:00-1:45 p.m.	ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 p.m.	SILVERS SNEAKERS SPLASH 1:00-1:45 p.m.	ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 p.m.	
* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 p.m.		* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 p.m.		* ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 p.m.	
WATER FITNESS 6:30-7:15 p.m.	AQUA BOOT CAMP 7:35-8:20 p.m.	AQUA ZUMBA 6:30-7:15 p.m.	AQUA BOOT CAMP 7:35-8:20 p.m.		

Water Fitness classes are held in the Lap Pool unless otherwise noted. Classes listed with (\*) require registration and fee. Member price/non-member price. Classes with consistent low enrollment may be cancelled.

Updated 3/19/18

## Water Fitness class descriptions

### Free classes

#### **Aqua Boot Camp**

A boot camp-style workout that includes interval training, strength, and conditioning. Lap swimming is incorporated; ability to swim is strongly recommended. (H)

#### **Active Older Adult (AOA) Water Fitness**

This program is designed to maintain or improve the quality of individual lives, minimize age-related disability and maximize physical activity, independence and general well-being. (L/M)

#### **Aqua Zumba ®**

Latin dance inspired cardio workout involving a mix of low- and high-intensity movements. It's like a party in the pool! (M)

#### **H2O Interval**

A total body workout incorporating high-intensity interval training. (M/H)

#### **Silver Sneakers Splash ®**

A fun shallow water exercise class that uses a signature Splash-board to increase movements and intensity options.

#### **Water Fitness**

A total body workout incorporating the fitness components of cardio respiratory endurance, muscular condition and flexibility. (M/H)

#### **Water Fitness Challenge**

A total body workout incorporating cardio vascular and muscular conditioning, as well as flexibility. Lap swimming is incorporated; ability to swim is strongly recommended. (M/H)

#### **Water In Motion ®**

A total body workout incorporating pre-choreographed movements set to fun and upbeat music. Water resistance is increased with ever-changing moves to help you burn more calories. (M)

### **Classes requiring registration**

#### **Arthritis Water Exercise**

Exercises have a specific purpose related to the joints and surrounding muscles affected by arthritis. Classes held in therapy pool (90 degrees) and meet 2 or 3 days per week. Registration required. (L)

Mon/Wed/Fri	11:30 – 12:15 pm
Mon/Wed/Fri	5:00 – 5:45 pm
FEE	\$22/\$66
Tue/Thu	11:30 – 12:15 pm
FEE	\$17/\$51

#### **MS/Arthritis Plus Water Exercise**

Exercises included from basic program with higher intensity and resistance variations. Classes are held in the lap pool (84 degrees) and meet 3 days per week. Registration required. (L)

Mon/Wed/Fri	9:50 – 10:35 am
FEE:	\$22/\$66

LEVELS: L=Low intensity, M=Medium intensity, H=High intensity