

Water Aerobics Schedule

JANUARY 2021



CHANGING THE WAY
— YOU SEE FIT —

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	8:00a - 9:00a HYDRO TBC with Mike (B, M)		8:00a - 9:00a HYDRO TBC with Sharon (M, M)		8:00a - 9:00a HYDRO TBC with Elaine (B, M)	8:00a - 9:00a RESIST IT! with Gina (M, M)	
9 AM				9:00a - 10:00a THERAPEUTIC WAVES with Patty (B, B)			
10 AM	10:00a - 11:00a AQUA EXPRESS with Patty (B, B)		10:00a - 11:00a HYDRO POWER with Elaine (B, M)		10:00a - 11:00a AQUA EXPRESS with Elaine (B, B)	10:00a - 11:00a HYDRO HI-LO with Darlene (M, M)	
11 AM		11:00a - 12:00p HYDRO TBC with Elaine (B, M)		10:00a - 12:00p AQUA EXPRESS with Patty (B, B)			11:30a - 12:30p RESIST IT! with Elaine (M, M)
NOON	POOL AREAS IS NOW OPEN ON REGULAR SCHEDULE						
1 PM	WATER AEROBICS, STEAM ROOM & SAUNA ARE CURRENTLY UNAVAILABLE						
2 PM		2:00p - 3:00p THERAPEUTIC WAVES with Patty (B, M)		Masks required.			
3 PM				12 users max. in pool.			
4 PM		4:00p - 5:00p W W W with Elaine (M, M)		Whirlpool open to limited time/capacity Closed 1-1:30pm for daily clean			
5 PM							
6 PM	6:00p - 7:00p HYDRO TBC with Darlene (M, M)	6:00p - 7:00p RESIST IT! with Angie (M, M)	6:00p - 7:00p HYDRO TBC with Sharon (M, M)	6:00p - 7:00p HYDRO TBC with Patty (M, M)	6:00p - 7:00p (wks 1,3,5) WATER ZUMBA! [®] with Jen (B, M)	Choreography / Intensity: B=Basic, M=Moderate, A=Advanced	

CLASS DESCRIPTIONS:

AQUA EXPRESS: This water class is designed to accommodate all functional abilities and ages. It will improve balance, flexibility, strength, and cardiovascular endurance.

HYDRO HI-LO: This cardiovascular water training class focuses on using all of the muscles in your body, with the benefits of water resistance, and it is adaptable for all fitness levels.

HYDRO POWER: A medium to high-intensity water workout that refreshes and energizes and enhances fat burning.

HYDRO TBC: This is our comprehensive Total Body Conditioning class designed to tone every muscle group while enjoying the relaxing atmosphere of the pool.

RESIST IT! A refreshing water class that specifically trains your muscles through strength and conditioning exercises that utilize the resistance of the water.

THERAPEUTIC WAVES: A gentle form of water exercise therapy to ease discomforts from arthritis, osteoporosis, fibromyalgia, and other ailments.

WATER ZUMBA: Jen Pearson leads this exciting fusion of Latin and International music styles that delivers an energizing interval training routine - modified for the soothing waters of our indoor pool.

W W W: Water, walking, and weights. A slower paced pool workout that develops endurance, strength, and range of motion. Effective for arthritis and post-rehab conditions.