



# WATER EXERCISE



September 1, 2018—October 31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am							
8-9am	Hydro Variety Wendy	H2O in Motion Kathy		Aqua Pump & Power Kathy			
9-10am	Deep Water Dynamics Kathy	Aqua Zumba (9:15a-10:15a) Jennifer	Deep Water Dynamics Cyndy	Aqua Zumba (9:15a-10:15a) Jennifer	Aqua Pump & Power Diane	Hydro Power Jam Kathy / Wendy	
9:30-10:30am							Sunday Splash Laura
10:15-11am	Water Spinning/ Gentle Journey Ryan						
12:00-12:45pm			Water Spinning- Gentle Journey Michelle		Water Spinning- Gentle Journey Cyndy		
1:15-2:00pm	Arthritis Foundation Jordyn		Variety Hi/Yo Michelle		Arthritis Foundation Cyndy		
4-5pm	Happy Hour Aerobics Barb		Happy Hour Aerobics Barb				
6-7pm			Water Spinning- Time To Race 6:00p-6:45p Judy				
7-8pm	Hydro Power Jam Laura	Cardio Fusion Tracy	Definitively Deep Judy	Aqua Zumba (45 Minutes) Jennifer			
8-9p							

# CLASS DESCRIPTIONS

## Class Difficulty Codes in Parenthesis

1=Beginners 2=Moderate 3=Advanced 4=All Levels

### ARTHRITIS FOUNDATION AQUATIC PROGRAM (1-2)

An Arthritis Foundation certified instructor leads participants in a shallow water class that incorporates the buoyancy of the water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. The ability to swim is not required.

### AQUA PUMP AND POWER (4)

Get ready for a jumping good time. Work in both the shallow and deep ends of the pool to maximize cardiovascular endurance and to build muscle strength. Come prepared to master a variety of equipment that will help you increase your fitness level. Low-impact and high-impact options are offered for most exercises.

### H2O IN MOTION (4)

Increase your fitness in a shallow-water class that will keep you moving to the beat of the music in high-power and strength building activities. Pyramid segments and Tabata-style high intensity interval training (HIIT) segments will help participants increase speed, range of motion and cardiovascular endurance.

### HAPPY HOUR WATER AEROBICS (2-3)

Join a fun-filled water workout class that's a great late afternoon break. Let stress melt away through a variety of moves and stretches guaranteed to relieve tension and improve your outlook. Take 60 minutes to get fit and invest in your health. Don't forget that child care is available for club members while they work out, and that the sauna, steam room and hot tub are the perfect ways to end a fitness class.

### HYDRO-POWER JAM (2-3)

This is a high-gear water fitness class focusing on cardiovascular endurance, muscle strength and flexibility through the use of various support and training equipment in both shallow and deep water.

### SUNDAY SPLASH (2-3)

This class uses both the shallow and the deep ends of the pool to concentrate on improving cardiovascular endurance and muscle strength. Hand buoys and noodles are used to increase intensity. The last 15 minutes of the class are devoted to core strengthening. cardiovascular endurance.

**HI/Yo Variety (2-3)** Come join us for a blend of 2 classes. Aqua-Bata and Aqua Flex. You will have the choice of staying for 1 - 45 minute class OR attend both for a 90 minute workout! Aqua-Bata is Tabata style training (HIIT - High intensity interval training ) hard work mixed with short bouts of rest. This workout will give you maximum results with minimal choreography. We will have 30 minutes of HIIT followed by 15 minutes of Aqua Flex (Yoga and Pilates formatted especially for the water.) Improve your posture and strengthen core muscles during our stretching segments.

**CARDIO FUSION (2-3)** This 60-minute high-energy, shallow water class focuses on cardiovascular endurance and muscle strength by using the natural resistance of the water and equipment such as hand buoys. A quick, music-inspired pace is set for the first 45 minutes followed by 15 minutes of slower muscle conditioning. This is a great calorie-burning workout.

### HYDRO-VARIETY (4)

Start the week with a high-energy workout in both the shallow and deep ends. Strength movements are combined with fun music and challenging cardiovascular conditioning. A variety of equipment is used to increase resistance and enhance moves.

### DEEP WATER DYNAMICS (2-3)

A high energy, cardiovascular workout in the deep end of the pool improves strength and overall fitness. Flotation belts are used for stability and to increase efficient use of all muscle groups, especially core muscles. Other equipment such as hand buoys, fins, noodles, and kickboards may be used. A Tabata-style, high intensity interval training (HIIT) segment is part of the workout.

**AQUA ZUMBA (4)** Aqua Zumba® is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Don't be fooled, this is not your normal aqua class. The moves are intense. Remember, you will be moving your bodies for 45 or 60 minutes against the resistance of water. The movements are challenging and you can really feel the muscles working against the resistance. Latin dance rhythms that are incorporated into this class. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping.

**DEFINITELY DEEP (4)** We will focus on HIIT principles, equipment usage, extension of limbs and muscles to increase circulation and relieve tension and tightness, and just plain fun in a hard-working class platform.

### Water Spinning Classes

\*Classes 1x a week :

Wednesdays 12-12:45PM

Wednesdays 6p-6:45p

Fridays 12p-12:45p

10 classes for \$60.00M \$80.00 NM

20 classes for \$100.00M \$140.00 NM

Drop-In Fees: \$12.00 Member \$15.00 Non-Members

### Water Spinning-Gentle Journey (1-2)

Try our HydroRider class for a different workout! HydroRiders are user-friendly, in water cycling bikes that are perfect for any skill level. Buoyancy provides support for joints and is wonderful for people with arthritis. Water exercise also allows you to train at a higher intensity rate due to the cooling effect and recovery at a faster rate. Make plans to arrive early to set up your bike and get pointers on proper form and technique. Water shoes are required.

### Water Spinning-Basics Class (2-3)

Use a specialized stationary bike in the water while you spin your way through hill climbs, sprints and other heart-racing challenges while burning up to 500 calories or more in a 45-minute session. Make plans to arrive early to set up your bike and get pointers on proper form and technique. Water shoes are required.

### Water Spinning-Time to Race (3-4)

Use a specialized stationary bike in the water while you spin your way through hill climbs, sprints and other heart-racing challenges while burning up to 500 calories or more in a 45-minute session. This is a high intensity class to challenge your cardiovascular system. Make plans to arrive early to set up your bike and get pointers on proper form and technique. Water shoes are required.

### Ask about our small group training classes in the water!

Diving

Snorkeling

Water Warriors (Personal Training class in and out of the water)

Tri Swimming (for triathletes)

Balance and Strength

**WATER SHOES ARE RECOMMENDED FOR ALL CLASSES BUT ARE REQUIRED FOR WATER SPINNING CLASSES**