

WATER CLASSES

WINTER 2020: Updated January 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00-7:50 am HYDRORIDER Archana • Lap Pool				
8:00-8:50 am AQUA ARTHRITIS Archie • Warm Water Pool	8:00-8:50 am AQUA HEALING STRETCH Archana • Warm Water Pool	8:00-8:50 am AQUA ARTHRITIS Hannah • Warm Water Pool	8:00-8:50 am AQUA HEALING STRETCH Archie • Warm Water Pool	8:00-8:50 am AQUA ARTHRITIS Kathy • Warm Water Pool	8:00-8:50 am HYDRORIDER Archana • Lap Pool
9:00-9:50 am CARDIO SPLASH Hannah • Lap Pool	9:00-9:50 am CORE CARDIO BALANCE Rio • Warm Water Pool	9:00-9:50 am AQUA HIT Hannah • Lap Pool	9:00-9:50 am CORE CARDIO BALANCE Geeta • Warm Water Pool	9:00-9:50 am AQUA ARTHRITIS Kathy • Warm Water Pool	9:00-9:50 am CARDIO SPLASH Archana • Lap Pool
9:00-9:50 am AQUA ARTHRITIS Pat • Warm Water Pool		9:00-9:50 am AQUA ARTHRITIS Hannah • Warm Water Pool			
10:00-10:50 am CORE CARDIO BALANCE Pat • Warm Water Pool	10:00-10:50 am IMPACT FREE AQUA Rio • Lap Pool	10:00-10:50 am CORE CARDIO BALANCE Pat • Warm Water Pool	10:00-10:50 am IMPACT FREE AQUA Geeta • Lap Pool	10:00-10:50 am CORE CARDIO BALANCE Kathy • Warm Water Pool	
		10:00-10:50 am AQUA CIRCUITS Hannah • Lap Pool		10:00-10:50 am CARDIO SPLASH Hannah • Lap Pool	
	11:00-11:50 am AQUA RESTORATIVE Rio • Warm Water Pool	11:00-11:50 am AQUA DANCE Pat • Warm Water Pool	11:00-11:50 am AQUA RESTORATIVE Geeta • Warm Water Pool		
12:00-12:50 pm BE WELL MS Hannah • Lap Pool					
1:00-1:50 pm AQUA ARTHRITIS Hannah • Warm Water Pool		1:00-1:50 pm AQUA ARTHRITIS Hannah • Warm Water Pool		1:00-1:50 pm AQUA ARTHRITIS Rio • Warm Water Pool	
		5:30-6:20 pm CORE CARDIO BALANCE Kathy W. • Warm Water Pool			
6:30-7:20 pm AQUATIC HIT Rio • Lap Pool		6:30-7:20 pm AQUA HEALING STRETCH Kathy W. • Warm Water Pool			
6:30-7:20 pm AQUA ARTHRITIS Terry • Warm Water Pool					
7:30-8:20 pm AQUA NOODLE Terry • Warm Water Pool		7:30-8:20 pm AQUA NOODLE Kathy W. • Warm Water Pool	7:00-7:50 pm HYDRORIDER Archana • Lap Pool		

WARM WATER POOL CLASSES

Aqua Arthritis

Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

Aqua Dance

The "pool party" workout for all ages! Aqua Dance is a fun shallow water cardio workout combining high energy music with dance moves and combinations. Increase your heart rate at a light or moderate level depending on your needs. All levels welcome.

Aqua Healing Stretch

Gentle movements designed for those with limited mobility due to arthritis or other orthopedic conditions help improve range of motion and flexibility.

Aqua Noodle

Noodles are a versatile water tool - push and pull for resistance, lean for support, sit for suspension. The possibilities are endless!

Aqua Restorative Movement

Movements focus on muscle strengthening to improve coordination, dexterity, balance and stability for those with Central Nervous System conditions including stroke, Parkinson's and Fibromyalgia.

Core, Cardio & Balance

Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

WARM WATER POOL AVAILABILITY

The Warm Water Pool is CLOSED at the following times for Physical Therapy:

Monday..... 11:00 am – 1:00 pm
Tuesday..... 1:00 pm – 3:00 pm
Wednesday..... 3:00 pm – 5:00 pm
Thursday.....3:00 pm – 5:00 pm
Friday..... 11:00 am – 1:00 pm

Adult Swim

Thursday..... 1:00 pm – 2:00 pm

Pool availability varies during all other club hours and is on a first come, first served basis.

LAP POOL CLASSES

Aqua Circuits

Get ready for a high-intensity workout as you move from station to station. You'll be glad the water helps cool you off as you kick your fitness level in to overdrive.

Aquatic HIT

Get ready for a high-intensity workout as you move from station-to-station. You'll be glad the water helps to cool you off as you kick your fitness level into over-drive!

Be Well MS

Movements focused on muscle strengthening to improve coordination, dexterity, balance and stability.

Cardio SPLASH

This low impact class incorporates unique movements that stimulate all major muscle groups while keeping your heart pumping.

HydroRIDER

A stationary bike is immersed in water to provide the excitement of cycling with the added resistance the water provides. Shoes required.

Impact Free Aqua

Buoyancy belts provide no-impact cardio that's appropriate for all levels but challenging enough for experienced aquatic exercisers.

LAP POOL AVAILABILITY

Reduced Lap Pool lane availability at the following times during Sea Wolves swim team practice:

Monday-Friday.....3:00 pm – 7:45 pm
Saturday..... 7:00 am – 9:00 am

Lap Pool is CLOSED to lap swimmers/walkers at the following times for swim team and group classes:

Monday.....6:30 pm – 7:30 pm
Thursday.....6:30 pm – 7:30 pm

Pool availability varies during all other club hours and is on a first come, first served basis.