WATER CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:45 am **CARDIO SPLASH** Paula • Lap Pool		7:00-7:45 am **CARDIO SPLASH** Paula • Lap Pool			
	8:15-9:00 am **HYDRORIDER** Paula • Lap Pool		8:15-9:00 am **HYDRORIDER** Paula • Lap Pool		8:15-9:00 am **HYDRORIDER** Paula • Lap Pool
	9:30-10:15 am **IMPACT FREE AQUA** Paula • Lap Pool	9:30-10:15 am **IMPACT FREE AQUA** Colleen • Lap Pool	9:30-10:15 am **IMPACT FREE AQUA** Paula • Lap Pool		9:15-10:00 am **CARDIO SPLASH** Pam • Lap Pool
10:00-10:45 am **AQUA ARTHRITIS** Paula • Warm Water Pool	10:30-11:30 am **AQUA ZUMBA** Laurel • Lap Pool	10:00-10:45 am **AQUA ARTHRITIS** Paula • Warm Water Pool	10:30-11:15 am **AQUA ZUMBA** Eric • Lap Pool	10:00-10:45 am **AQUA ARTHRITIS** Paula • Warm Water Pool	10:15-11:00 am **AQUA RESTORE MOVEMENT** Pam • Warm Water Pool
11:00-11:55 am **AQUA HEALING STRETCH** Martha • Warm Water Pool		11:00-11:55 am **AQUA HEALING STRETCH** Martha • Warm Water Pool		11:00-11:55 am **AQUA HEALING STRETCH** Martha • Warm Water Pool	
12:00-12:55 pm **AQUA HEALING STRETCH** Martha • Warm Water Pool		12:00-12:55 pm **AQUA HEALING STRETCH** Martha • Warm Water Pool		12:00-12:55 pm **AQUA HEALING STRETCH** Martha • Warm Water Pool	
1:00-1:45 pm **CORE CARDIO & BALANCE** Tina • Warm Water Pool		1:00-1:45 pm **CORE CARDIO & BALANCE** Paula • Warm Water Pool		1:00-1:45 pm **CORE CARDIO & BALANCE** Rotation • Warm Water Pool	
	4:15-5:00 pm **AQUA ARTHRITIS** Karen • Warm Water Pool		4:15-5:00 pm **AQUA ARTHRITIS** Susan • Warm Water Pool		
6:00-6:45 pm **CORE CARDIO & BALANCE** Diana • Warm Water Pool	6:30-7:15 pm **AQUA ZUMBA** Veronica • Lap Pool	6:00-6:45 pm **CORE CARDIO & BALANCE** Diana • Warm Water Pool	6:15-7:00 pm **HYDRORIDER** Jay • Lap Pool		
6:15-7:00 pm **CARDIO SPLASH** Colleen • Lap Pool		6:15-7:00 pm **CARDIO SPLASH** Pam • Lap Pool			
7:00-7:45 pm **CORE RESTORE** Paula • Warm Water Pool		7:00-7:45 pm **CORE RESTORE** Paula • Warm Water Pool			

MERCYHEALTH
Queen City HealthPlex

513-389-5600
mercyhealthplex.com

WARM WATER POOL CLASSES

Aqua Arthritis • Low to Moderate
Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

Aqua Healing Stretch • Low to Moderate
Gentle movements designed for those with limited mobility due to arthritis or other orthopedic conditions help improve range of motion and flexibility.

Aqua Restorative Movement • Low to Moderate
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 to Moderate
Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

Core Restore • Low to Moderate
Movements focus on bringing the body back into its natural alignement, bulding core strength, reducing back pain and improving balance.

LAP POOL CLASSES

Aqua Zumba • Moderate
A fun, shallow water cardio workout combining high energy music with unique Latin style-moves and combinations.

Cardio SPLASH • Moderate
A variety of movments stimulate all major muslces groups and keep your heart pumping in this light-impact, shallow water class.

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

HydroRider • Moderate - Multi-Level
A stationary bike is immersed in water to provide the excitement of cycling with the added resistance the water provides. Shoes required. Please reserve a bike at the Front Desk or call 389-5600.

Total Pool Workout • Moderate to High
A high-intensity aerobic workout in the shallow end followed by stretch and strength in the deep end. An excellent full body workout.

WARM WATER POOL AVAILABILITY

CLOSED for Physical Therapy

Tuesday	8:30 – 12:00 pm 1:00 – 4:00 pm
Thursday	8:30 – 12:00 pm 1:00 – 4:00 pm

Family/Open Swim Time

Monday	7:45 – 9:30 pm
Wednesday	3:00 – 6:00 pm
Friday	6:00 – 8:30 pm
Saturday	7:00 – 8:45 am 1:00 – 5:30 pm
Sunday	9:00 – 10:30 am 3:00 – 5:30 pm