

# Aquatic Fitness Class Schedule

Fall 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>8-9 am</b> <b>Aqua Walkout</b> <i>Stephen</i>		<b>8-9 am</b> <b>Aqua Walkout</b> <i>Stephen</i>	
<b>9:15-10 am</b> <b>AQX</b> <i>Kelly</i>		<b>9:15-10 am</b> <b>AQX</b> <i>Kelly</i>		
<b>10:45-11:30 am</b> <b>Shake, Splash &amp; Roll</b> <i>Stephen</i>	<b>10:45-11:30 am</b> <b>SilverSplash</b> <i>Ilana</i>	<b>10:45-11:30 am</b> <b>Shake, Splash &amp; Roll</b> <i>Kelly</i>	<b>10:45-11:30 am</b> <b>SilverSplash</b> <i>Ilana</i>	<b>10:45-11:30 am</b> <b>Shake, Splash &amp; Roll</b> <i>Stephen</i>
<b>Noon-1 pm</b> <b>Arthritis Foundation</b> <b>Aquatic Program</b> <i>Stephen</i>		<b>Noon-1 pm</b> <b>Arthritis Foundation</b> <b>Aquatic Program</b> <i>Stephen</i>		<b>Noon-1 pm</b> <b>Arthritis Foundation</b> <b>Aquatic Program</b> <i>Stephen</i>



# Aquatic Fitness

## **Arthritis Foundation Aquatic Program**

The warm-water pool is the ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion while restoring or maintaining muscle strength. This program is certified by the Arthritis Foundation.

Mondays, Wednesdays and Fridays  
September 2-December 30  
Noon-1 pm  
\$60

## **AQX**

Focusing on total body strengthening using multiple pieces of resistance training equipment this fast-paced, challenging water workout is guaranteed to increase your heart rate and burn calories. This class is held in the lap pool.

Mondays, Wednesdays  
9:15-10 am  
No fee

## **SilverSplash**

This group water fitness program is designed for SilverSneakers members to enhance the quality of life and daily function using specially designed SilverSneakers kickboards. Perform water moves to develop strength, balance and coordination, improving agility, range of motion and cardiovascular conditioning. No swimming ability is required for this safe, fun, effective program

Tuesdays and Thursdays  
10:45-11:30 am  
No fee

## **Aqua Walkout**

Enjoy gentle, slow movements in the warm water. The water supports walking forward, backward and sideways as arms assist movements. Stay as long or as little as you like—this group has the warm water pool space for an hour.

Tuesdays and Thursdays  
8-9 am  
No fee

## **Shake, Splash & Roll**

This is a low-impact aerobic program that includes total body conditioning and toning exercises in the Small Pool.

Mondays, Wednesdays and Fridays  
10:45-11:30 am  
No fee

## **H<sub>2</sub>Know**

When standing in water chest height, 80% of your body weight is supported by the water; therefore impact on joints is minimized.

Water is more dense than air; therefore more effort is required to move through water, yielding a more intense workout as compared to land-based exercise.

Edema and swelling are reduced by the hydrostatic pressure of the water.