

Aquatic Fitness Class Schedule

Winter 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30-10 am Masters Swim <i>Al Rose</i></p> <p>10-11:30 am Masters Swim <i>Jimmy Goldman</i></p>	<p>8-9 am Hydro CrossTrain <i>Ilana</i></p> <p>9-10 am SilverSplash <i>Katherine</i></p> <p>10-11 am AQX <i>Katherine</i></p> <p>10:30-11:30 am Water Walking <i>Stephen</i></p> <p>11:30 am-12:30 pm Arthritis Foundation <i>Katherine</i></p>	<p>8-9 am Hydro CrossTrain <i>Ilana</i></p> <p>8-9 am Water Walking <i>Stephen</i></p> <p>10:30-11:30 am SilverSplash <i>Katherine</i></p> <p>1-1:45 pm Yoqua <i>Katherine</i></p> <p>5:30-7 pm Masters Swim <i>Al Rose</i></p>	<p>8-9 am Hydro CrossTrain <i>Ilana</i></p> <p>9-10 am SilverSplash <i>Katherine</i></p> <p>10-11 am AQX <i>Katherine</i></p> <p>10:30-11:30 am Water Walking <i>Stephen</i></p> <p>11 am-noon Aqua Zumba <i>Ashley</i></p> <p>11:30 am-12:30 pm Arthritis Foundation <i>Katherine</i></p>	<p>8-9 am Hydro CrossTrain <i>Ilana</i></p> <p>8-9 am Water Walking <i>Stephen</i></p> <p>10:30-11:30 am SilverSplash <i>Katherine</i></p> <p>10:45-11:45 am Aqua Zumba <i>Ashley</i></p> <p>1-1:45 pm Yoqua <i>Katherine</i></p> <p>6:30-8 pm Masters Swim <i>Al Rose</i></p>	<p>8-9 am Hydro CrossTrain <i>Ilana</i></p> <p>9-10 am SilverSplash <i>Katherine</i></p> <p>10-11 am AQX <i>Katherine</i></p> <p>10:30-11:30 am Water Walking <i>Stephen</i></p> <p>11:30 am-12:30 pm Arthritis Foundation <i>Katherine</i></p>	<p>H₂Know</p> <p>When standing in water chest height, 80% of your body weight is supported by the water; therefore impact on joints is minimized.</p> <p>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.</p> <p>Edema and swelling are reduced by the hydrostatic pressure of the water.</p>



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
January 3-May 30
11:30 am-12:30 pm
\$75

Aqua Zumba

Aqua Zumba is a party in the water, delivering total-body conditioning, working muscles in the arms, core and legs. Shake your hips to Latin rhythms such as the salsa, mambo and merengue. Bring your water bottle and a smile on your face.

Wednesdays: 11 am-noon
Thursdays: 10:45-11:45 am
\$5/drop-in
\$80/20 sessions

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.

Mondays, Wednesdays and Fridays
10-11 am
\$30/Centerfit Platinum member
\$60/general member

“Get Wet, Get Fit” Personal Water Workout

Work out one-on-one with our experienced staff. Learn exercise techniques, brush up on swim strokes or do an intense half-hour workout. Schedule your workout with Katherine at ext. 267.

\$25/half-hour session

Hydro CrossTrain:

We dare to cross over to the pool! This high intensity workout is for athletes or those looking to vary their workout by incorporating heart-pumping cardiovascular and aerobic exercises with the added benefits of the water. This workout will add variety to your land routine without giving up your conditioning requirements.

Mondays through Fridays
8-9 am
\$5/drop-in
\$80/20 sessions

Masters Swim

Enjoy the camaraderie of an organized workout with on-deck coaching. The lanes are divided into pace levels. If you don't know or remember the strokes, we will teach you. Competition is not required, but some swimmers compete in local and national meets.

Sundays: 8:30-10 am, 10-11:30 am
Tuesdays: 5:30-7:30 pm
Thursdays: 6:30-8 pm
Contact Coach Al Rose for fee information.

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

Mondays, Wednesdays, and Fridays
9-10 am,
Tuesdays and Thursdays
10:30-11:30 am
\$1 drop-in fee for non SilverSneakers

Water Walking

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.

Mondays, Wednesdays and Fridays
10:30-11:30 am
Tuesdays and Thursdays
8-9 am
\$40 January 1-April 30
\$40 May 1-August 31
\$40 September 1-December 30

Yoqua

Stress-release, spine realignment, deep breathing, relaxation, muscle toning and more through this mindful method of mental and physical well-being training in the water.

Tuesdays and Thursdays
1-1:45 pm
January 4-May 26
\$25/Centerfit Platinum member
\$50/general member