



Aquatics & Fitness Center

Class Session Dates: September 13 – October 29, 2021 (7-weeks)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am – 7:45am			Cardio/Strength Fitness Pool		Deep Aqua Fit Fitness Pool	
9:00am – 9:45am					Water Tai Chi Therapy Pool	
9:30am – 10:15am		Mindful Moves Therapy Pool				
10:30am – 11:15am				Strength & Stretch Therapy Pool		
3:00pm – 3:45pm			Cardio Intervals Fitness Pool	Aquatic Yoga Therapy Pool		

MINIMUM OF (6) REQUIRED TO RUN A CLASS

THERAPY POOL

Aquatic Yoga - Release stress and rebalance the body utilizing ancient techniques of Yoga. Learn breathing techniques to progressive relaxation, along with yoga poses to improve your strength and balance.

Mindful Movements - Increase self- awareness of your movement through exercises that promote balance, coordination, flexibility and range-of-motion. Some elements of Yoga and Tai Chi are included.

Strength & Stretch - Increase strength, joint range of motion and muscle mobility through use of the water's resistance and functional movement patterns for better success in daily activities. Enjoy gentle stretching using elements of yoga and relaxation.

Water Tai Chi – Embrace the mind, body spirit through a series of gentle exercises and stretches that combine movement, mediation and rhythmic breathing.

FITNESS POOL

Cardio/Interval - This self-paced class alternates low-intensity exercises with short bursts of high intensity exercises to create a more challenging workout. Suitable for those looking to increase aerobic endurance.

Cardio/Strength - You will be surprised by a different aerobic exercise experience every time! This highly motivating class gives you cardio and strength training all in one. The class is taught in both deep and shallow water.

Deep Aqua Fit - A non-impact, deep water aerobics class that works a variety of muscle groups as well as the cardiovascular system. The class is held in the deep end of the pool and utilizes buoyancy belts, gloves and hand buoys.