



## AQUATIC FITNESS CLASSES

### MAY 9 – JULY 1, 2022 (8- weeks)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am – 7:45am	Deep Aqua Fit Fitness Pool		Cardio/Strength Fitness Pool		Aqua Surprise Fitness Pool
9:00am – 9:45am					Water Tai Chi Therapy Pool
9:30am–10:15am		Mindful Moves Therapy Pool <b>CLASS FULL</b>	Mobility & Flexibility Therapy Pool		
3:00pm – 3:45pm			Cardio Intervals Fitness Pool	Aquatic Yoga Therapy Pool	

**The Center will be closed Monday, May 30<sup>th</sup> in observance of Memorial Day. Makeup class for Deep Aqua Fit will be offered on Wednesday, July 6<sup>th</sup>.**

### THE THERAPY POOL

**Mobility & Flexibility** - This will be a class that gently moves muscles and joints from head to toe. We will work on movements that help with daily activities and increase range of motion, giving you freedom to continue things you enjoy. Practicing stationary, walking, and flowing moves

**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 Moves** - 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.

**Water Tai Chi** – Embrace the mind, body spirit through a series of gentle exercises that will improve balance, strength, agility, flexibility, coordination, posture and mental focus.

### LAP/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 workout every time! This highly motivating class gives you cardio and strength training all in one. The class is taught in 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 utilizes buoyancy belts, gloves and hand buoys

**Aqua Surprise** -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 and includes the use of noodles, gloves, belts and resistance equipment

### Fees (Classes open to all members)

1 class per week: \$56      2 classes per week: \$80      3 classes per week: \$96

### To Register for Classes!

1. Visit [Aquatic and Fitness Center | Hospital for Special Care \(hfsc.org\)](https://www.hfsc.org)
2. Log-in to your Member Portal
3. Have a membership but never setup an online account? Click “Register Now” button.

**Advanced registration is required, space is limited and fees are non-refundable**