



AQUATIC FITNESS CLASSES

September 12, - November 4, 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	Mobility & Flexibility Therapy Pool	Aqua Surprise Fitness Pool NEW CLASS	
3:00pm – 3:45pm				Aquatic Yoga Therapy Pool	

THERAPY POOL

Mobility & Flexibility - This class incorporates stationary, walking and flowing exercises that gently engage 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.

Aquatic Yoga - Release stress and rebalance the body utilizing ancient techniques of Yoga. Learn breathing techniques to progress 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. Elements of Yoga and Tai Chi are included.

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

LAP/FITNESS POOL

Cardio/Interval - A self-paced class that alternates low-intensity exercise with short bursts of high intensity exercise to create a more challenging workout.

Cardio/Strength - This highly motivating class gives you cardio and strength training all in one. The class will be 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 with a different workout every time! Class will be taught in 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.