

# Adult Aquatics

## AQUATIC GROUP CLASSES

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**Aquacise** (60 min.) — This class incorporates a variety of cardio and strength training exercises to get you moving. Designed for participants that want to keep moving and increase their heart rate while using a variety of equipment.

Mondays 9:00–10:00 a.m. & Tuesdays & Thursdays 1:00–2:00 p.m. **(Therapy Pool)**

**Aqua Fit Mix** (60 min.) — This class is a combination of cardio, strengthening, flexibility, and balance using a variety of equipment. Great class for everyone of all abilities.

Mondays 6:00–7:00 p.m. & Tuesdays and Fridays 10:00–11:00 a.m. **(Fitness Pool)**

**Arthritis** (60 min.) — **AVAILABLE TO NON-MEMBERS FOR A FEE OF \$55 (12 classes)**

This class is suitable for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength, and stamina. Most importantly this class helps reduce pain caused by arthritis and improves overall health. Taught in our warm water **Therapy Pool**.

Sundays 1:00–2:00 p.m.

Mondays 11:30 a.m.–12:30 p.m.

Tuesdays & Thursdays 9:00–10:00 a.m.

Wednesdays, Thursdays, & Fridays 12:00–1:00 p.m.

Mondays & Wednesdays 5:00–6:00 p.m. **(September–May)**

Mondays & Wednesdays 7:00–8:00 p.m. **(June–August)**

Saturdays 12:30–1:30 p.m. **(September–May)**

Saturdays 10:00 a.m.–11:00 a.m. **(June–August)**

REVISED 8/1/19

**Deep Water Mix** (60 min.) — A deep water, intermediate to high intensity, no impact water fitness experience. This class uses buoyancy belts to assist in suspension while performing cardiovascular and strength exercises that will challenge without the stress of joint impact. **Participants should be comfortable in water 5 feet deep.**

Mondays 10:00 — 11:00 a.m. (Fitness Pool)

Thursdays 10:00 –11:00 a.m. (Fitness Pool)

**Senior Splash** (60 min.) — This class includes a mix of classic water aerobics and strength training. Designed for the active older adult, but also great for the beginner. This is a low intensity, low impact class, taught in the warm water **Therapy Pool.**

Mondays 8:00 – 9:00 a.m. (Therapy Pool)

Wednesdays & Fridays 9:00 –10:00 a.m. (Therapy Pool)

**Tabata** (60 min.) — An interval training class that alternates 20 seconds of high intensity exercise with 10 seconds of rest. Great cardio experience that burns more calories and fat in less time compared to non-interval training exercises. Regardless of your fitness level, since you are working at your maximum effort, this is a challenging workout every time.

Wednesdays 6:00 –7:00 p.m. (Fitness Pool)

Saturdays 9:00 –10:00 a.m. (Fitness Pool)

**Deep Water Tabata** (60 min.) — This class does the Tabata format while suspended, using buoyancy belts or noodles. **Participants should be comfortable in water 5 feet deep.** Taught in **Fitness Pool.**

Mondays 7:00 – 8:00 p.m. (Fitness Pool)

**Yoga/Pilates** (60 min.) — This class combines Yoga and Pilates in the water. This class will help you improve flexibility and posture while also toning and strengthening muscles. Taught in the warm water **Therapy Pool.**

Fridays 11:00 a.m.–12:00 p.m. (Therapy Pool)

**REVISED 8/1/19**