

AQUATIC GROUP FITNESS CLASSES



Aqua Fit Mix (60 min):

This class is a combo of cardio, strengthening, flexibility, and balance using a variety of equipment. Great class for all abilities. (Fitness Pool)

Tuesdays & Fridays: 10:00—11:00 a.m.

Arthritis (60 min):

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 warm water. (Therapy Pool)

Mondays & Thursdays: 11:30 a.m.—12:30 p.m.

Wednesdays & Saturdays: 12:00—1:00 p.m.

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. (Fitness Pool)

Saturdays: 9:00—10:00 a.m.

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: 10:00—11:00 a.m.

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 warm water. (Therapy Pool)

Tuesdays & Fridays: 11:00 a.m.—12:00 p.m.



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!



**Ascension
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HEALTH CLUB

HOW TO REGISTER FOR AQUATIC FITNESS CLASSES THRU GROUP EX PRO:

1. Go to Ascension Genesys Health Club website:

www.ascensiongenesyshealthclub.com

2. Click on the appropriate Group Fitness Schedule banner/button:

Aquatics Pool Schedule
Group Fitness Schedule
Online Group Fitness

3. Click "Description" under the class title for the class description and to review the updated Waiver and Assumption of Risk.*

4. Then, click "Sign up" for the class you wish to reserve (this will appear under the title of the class).

5. For first time registrants, you will need to create a login, this requires a username, email address, and password. Once you have created login information, click the "Login" button.

6. After you register/login, you will see how many spots are available, click the "Reserve a Spot" button.

7. Once you have reserved a spot, you will receive an email confirmation. Your email confirmation will allow you to cancel your reservation should you need to.

**Please note that by registering for an aquatic/land group fitness class, you are acknowledging that you have read and will abide by the Ascension Genesys Health Club's Waiver and Assumption of Risk.*



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