

# EXERCISE & ENERGIZE

## 2022 Winter Schedule December 26th– March 29th



### Monday

AquaBody Strong (L)  
5:15–5:45 a.m.

Deep Water Aerobics (L)  
6:00–6:45 a.m.

Aqua Aerobics (R)  
(Self Led, No Instructor)  
/ Water Walking  
7:00–7:45 a.m.

7:45–8:30 a.m.

Senior Aqua (R)  
8:30–9:15 a.m.

Deep Water Aerobics (L)  
9:25–10:10 a.m.

Aqua Dance (L)  
10:15–11:00a.m.

Rusty Hinges (R)  
10:45–11:30 a.m.

Aqualates (R)  
11:00 a.m. – 12:00 p.m.

Vortex Water Power (R)  
6:00–6:45 p.m.

### Tuesday

Deep Water Aerobics (L)  
6:00–6:45 a.m.

Water Walking  
7:00–8:30 a.m.

Senior Aqua Aerobics ®  
(Self Led, No Instructor)  
8:30–9:15 a.m.

Vortex Water Power®  
10:15–11:00 a.m.

Move & Stretch (R)  
11:00–11:45 a.m.

### Wednesday

AquaBody Strong (L)  
5:15–5:45 a.m.

Deep Water Aerobics (L)  
6:00–6:45 a.m.

Aqua Aerobics (R)  
(Self Led, No Instructor)  
/ Water Walking  
7:00–7:45 a.m.

7:45–8:30 a.m.

Senior Aqua (R)  
8:30–9:15 a.m.

Deep Water Aerobics (L)  
9:25–10:10 a.m.

Aqua Dance (L)  
10:15–11:00a.m.

Rusty Hinges (R)  
10:45–11:30 a.m.

Aqualates (R)  
11:00 a.m. – 12:00 p.m.

Vortex Water Power (R)  
6:00–6:45 p.m.

### Thursday

Deep Water Aerobics (L)  
6:00–6:45 a.m.

Water Walking  
7:00–8:30 a.m.

Senior Aqua Aerobics (R)  
(Self Led, No Instructor)s/  
8:30–9:15 a.m.

Vortex Water Power®  
10:15–11:00 a.m.

Move & Stretch (R)  
11:00–11:45 a.m.

Aqua Aerobics (R)  
6:00–6:45 p.m.

### Friday

AquaBody Strong (L)  
5:15–5:45 a.m.

Deep Water Aerobics (L)  
6:00–6:45 a.m.

Aqua Aerobics ®  
(Self Led, No Instructor)  
/ Water Walking  
7:00–7:45 a.m.

7:45–8:30 a.m.

Senior Aqua (R)  
8:30–9:15 a.m.

Deep Water Aerobics (L)  
9:25–10:10 a.m.

Rusty Hinges (R)  
10:45–11:30 a.m.

Aqualates (R)  
11:00 a.m. – 12:00 p.m.

Adaptive Aerobics (R)  
4:15–5:00 p.m.

### SATURDAY

Aqua Body Strong  
8:00–8:45am

### LAP POOL

#### Aqua Body Strong

M/W/F 5:15–5:45 a.m.  
Sat. 8:00–8:45 a.m.

#### Deep Water Aerobics

M—F 6:00–6:45 a.m.  
M/W/F 9:35–10:10 a.m.

#### Aqua Dance

M/W 10:15–11:00a.m.

### RECREATION POOL

#### Vortex Water Power

T/TH 10:15–11:00a.m.  
M/W 6:00–6:45 p.m.

#### Aqua Aerobics

M/W/F 7:00–7:45 a.m.  
(Self Led, No Instructor)/ Water Walking

Thur 6:00–6:45 p.m.

#### Aqualates

M/W/F 11 a.m.—12:00p.m.

#### Move & Stretch

Tue /Thurs. 11:00–11:45 a.m.

#### Senior Aqua

M/W/F 7:45–8:30 a.m.  
(Self Led, No Instructor)/ Water Walking  
M–F 8:30–9:15 a.m.

#### Rusty Hinges

M/W/F 10:45–11:30 a.m.

#### Adaptive Aerobics

Friday 4:15–5:00p.m.

**(L)=Lap Pool**  
**(R)=Rec Pool**

## **Class Descriptions:**

**AQUA AEROBICS CLASS FOCUS:** Moderate cardio, moderate toning.

Improve cardiovascular endurance, muscle strength/tone and flexibility with water weights and a variety of easy to learn exercises with no impact.

**AQUA BODY STRONG CLASS FOCUS:** balance, strength, endurance, flexibility.

AquaBody Strong Yoga Fusion is a balance and strength based water-fitness class that uses inflatable, tethered AquaBodyStrong boards for a total body, core strengthening workout for all fitness levels. This training modality challenges the body to maintain proper postural control and alignment while moving through a series of transitional movements on an unsteady surface increasing balance, strength, endurance, flexibility and focus. Special Tuesday classes are geared towards families yet all are still welcome.

**AQUA-LATES CLASS FOCUS:** Core toning, no cardio, breathing and posture

Combines the resistance of water with core-toning properties of Pilates to strengthen abs, enhance energy, and improve posture.

**MOVE AND STRETCH CLASS FOCUS:** Range of motion, Slight cardio, gentle toning This class includes water walking, stretching, resistance boards, and balance exercises, perfect for those suffering from fibromyalgia or similar conditions.

**INTRAMURAL WATER VOLLEYBALL CLASS FOCUS:** Come by yourself, or with a team. Water volleyball is a team sport derived from volleyball In which the games are played in water. Each team consists on 4-6 players. Get your heart rate going and have fun while working out.

**DEEP WATER AEROBICS CLASS FOCUS:** Moderate cardio, strong toning.

Vigorous, higher intensity water work out that uses floatation aids for buoyancy and water weights for added resistance.

**RUSTY HINGES CLASS FOCUS:** Range of motion, no cardio, gentle toning.

Class is taught by instructors with guidelines set forth by the Arthritis Foundation. This low impact gentle program is designed to help relieve pain and stiffness caused by arthritis, multiple sclerosis, or post operative rehab from surgery.

**SENIOR AQUA CLASS FOCUS:** Mild cardio, moderate toning.

Participants will enjoy a mild aerobic workout combined with muscle strengthening and flexibility. Class is 30 minutes of organized group exercise and 15 minutes of toning.

**VORTEX WATER POWER CLASS FOCUS:** Strong cardio, strong toning.

A high intensity water workout that focuses on cardiovascular training. Uses the currents of the slide's catch pool for increased endurance, muscle toning, flexibility, and coordination.

### **Aquatic Class Guidelines:**

- Swim suits required at all times. Aquatic footwear may be worn during classes.
- Each class is very easily adjusted for individual comfort and ability level
- No pre-registration or additional fees for Aquatic Fitness.
- Ages 14 and up and ages 10-13 with a Parent/Guardian

