



# AQUA CLASS MENU

## EFFECTIVE 2-4-2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
8:00A-8:40A <b>Gentle Joints</b> Heather (TP)	8:00A-8:40A <b>Flowlates</b> Deidra (TP)	8:00A-8:40A <b>Gentle Joints</b> Kim (TP)	8:00A-8:40A <b>Flowlates</b> Deidra (TP)	8:00A-8:40A <b>Gentle Joints</b> Kathy/Kim (TP)	8:30A-9:25A <b>Aqua Bootcamp</b> Rotation (LP)		
9:00A-9:40A <b>Aqua Tone</b> Aziza (TP)	8:45A-9:25A <b>Aqua Tone</b> Patty (TP)	9:00A-9:40A <b>Aqua Tone</b> Marisa (TP)	8:45A-9:25A <b>Aqua Fit</b> Deidra (LP)	9:00A-9:40A <b>Aqua Tone</b> Marisa (TP)			
9:00A-9:55A <b>Aqua II</b> Kim (LP)	9:30A-10:25A <b>Deep Water</b> Patty (LP)	9:00A-9:55A <b>Aqua II</b> Patty (LP)		9:00A-9:55A <b>Aqua II</b> Kathy/Kim (LP)			
10:00A-10:25A <b>Aqua Dance</b> Kim (TP)		10:00A-10:25A <b>Aqua Dance</b> Kim (TP)					
5:00P-5:40P <b>Aqua Pilates</b> Bobbie (TP)	5:00P-5:40P <b>Aqua Barre</b> Louise (TP)	6:00P-6:55P <b>Aqua II</b> Patty (LP)	5:00P-5:40P <b>Aqua Pilates</b> Bobbie (TP)				
6:00P-6:55P <b>Aqua Bootcamp</b> Aziza (LP)	6:00P-6:55P <b>Deep Water</b> Bobbie (LP)		6:00P-6:55P <b>Deep Water</b> Bobbie (LP)				
KEY	CLASS REMINDERS						
<b>LAP POOL= LP</b> <b>THERAPY POOL= TP</b> <b>NEW CLASS= ★</b> <b>NEW TIME= 🕒</b>	<b>AQUA CLASS GUIDELINES/RULES:</b> <b>1.</b> Aqua classes begin at the times listed on this schedule.  <b>2.</b> If you arrive late for an aqua class, please do the following: get necessary equipment, enter class quietly, find an open space, and do not disrupt instructor or participants.  <b>3.</b> Please have conversations before and after class, NOT during class time.		<b>4.</b> Please observe lane usage markers that are determined by the instructor.  <b>5.</b> The class instructor is authorized to enforce these guidelines/rules and may dismiss participants who do not comply.		 <b>Bring a plastic water bottle to stay hydrated during aqua exercise classes.</b>   <b>Water shoes are recommended but not required.</b>	Aquatic exercise participants have 'pool preference' in the lanes used by the instructor led classes.  <b><u>DURING ALL AQUA CLASSES:</u></b> <b>at least ONE lane MUST be kept open</b>  <b><u>DEEP WATER LAP CLASSES:</u></b> at least <b>TWO SHALLOW</b> lanes <b>MUST be kept open</b>  <b><u>SHALLOW WATER LAP CLASSES:</u></b> at least <b>ONE DEEP</b> lane <b>MUST be kept open</b>	<b><u>BE COURTEOUS TO OUR NON-CLASS POOL USERS!</u></b>  <b><u>QUALITY CONTROL:</u></b> "CHECKS" ASSURE THAT OUR CLASSES FOLLOW OSHA GUIDELINES OF <85 DB OF SOUND.

# AQUA Class Descriptions

**Aqua II** - These classes incorporate a wide variety of class formats (aerobic to toning), with or without water equipment (resistance cuffs, noodles, etc.) and a range from shallow to deep water.

**Aqua Barre** - Aqua Barre combines the formats of aqua exercise with traditional barre movements. You will learn creative barre choreography while experiencing the amazing benefits of the water which includes: functional training for activities of daily living, balance challenges, agility exercises and mind/body awareness.

**Aqua Bootcamp** - Aqua Bootcamp class provides both whole group and circuit formats. Exercises are performed with a high level of effort and intensity using interval training and the popular **TABATA** technique. This class targets cardiovascular and muscle conditioning while in an aquatic environment.

**Aqua Dance** - Have fun working out in the pool while dancing to various genres of music such as Polka, Country, Latin, Oldies and much more.

**Aqua Fit** - This class is designed for those who want a whole body aerobic and strength training workout without strain on your joints and back. Water aerobics is a great combination of fun and exercise. Exercises will be modified depending on your level of fitness.

**Aqua Pilates** - Learn to challenge stability and increase core strength. Pilates principles will be implemented and adapted for the water.

**Aqua Tone** - A well rounded muscle toning workout using water resistance equipment such as noodles, paddles, kick boards and hand buoys as well as the natural resistance provided by the water. This is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program.

**Deep Water** - A GREAT non-impact aerobics class using water equipment such as noodles, buoyancy belts and resistance cuffs. Buoyancy belts provided. No swimming skills required.

**Flowlates** - A simple exercise and relaxation program performed using a combination of deep breathing and slow movements of the arms, legs and torso. Pilates/Tai Chi principles will be implemented and adapted for the water.

**Gentle Joints** - This warm water class is perfect for individuals looking to improve their strength and flexibility using the water's buoyancy properties. Gentle Joints will incorporate Yoga principles adapted for the water.

## Class Cancellation Policy - Classes may be cancelled due to one of the following reasons:

1. Single class with less than 2 participants will be determined by Instructor.
2. Classes with less than 5 participants over a three (3) month period may be cancelled until further notice.