

## Water Exercise Classes: Sept. 7- Oct. 31, 2010

Aquatics at the AquaCenter is more than a Swim instruction program. It's a lifetime commitment to the fun and healthy benefits of water activities. We offer advanced swimming and fitness opportunities for both adults and seniors.

- All water exercise classes are free to Gold, Swim, and Day\*\* members
  - \*\*Day members are entitled to free classes Mon-Fri-before 3pm
  - All others may purchase a Water Exercise Class Card to participate in the classes listed below
  - Classes are 50 min. unless otherwise indicated
  - There are no classes on Saturdays
- = deep water class for participants who are comfortable in deep water

**How to Read This Schedule:** (Time – Class, Instructor, Location) OP is the Olympic Pool. TE is T/E Pool.

<p><b>Monday</b> 6:30am - DWR, Twain, OP 8:30am - DWR, Twain, OP 1pm - Get Fit, Blythe, OP 6:30pm – Yoga, Malissa, TE</p>	<p><b>Tuesday</b> 8:30am – DWR, Kat, OP 1pm - Invest Posture, Kat, OP 1pm - Arthritis Exercise, Twain, TE 7:15pm – AquaPregnancy, Blythe, OP</p>	<p><b>Wednesday</b> 6:30am – DWR, Brad, OP 8:30am- DWR, Kit, OP 1pm - Aqua Pump, Kit, OP 12:30pm - Arthritis Exercise+, Becca, TE 6:30pm - Tai Chi, Andy, TE</p>
<p><b>Thursday</b> 8:30am – DWR, Joni, OP 1pm - Water works, Twain, OP 1pm - Arthritis Exercise, Blythe, TE 7:15pm – AquaPregnancy, Joni, OP</p>	<p><b>Friday</b> 6:30am – DWR, Twain, OP 8:30am – DWR, Twain, OP 1pm - Aqua Pump, Joni, OP 1pm - Arthritis Exercise+, Twain, TE 6:30pm - Arthritis Exercise, Teri, TE</p>	<p><b>Sunday</b> 10:30am – DWR, Twain, OP</p>

### Water Exercise Class Descriptions

**Aqua Aerobics** - Water relieves the stress that is normally associated with dry-land aerobics. Moderate intensity, low impact. For all fitness levels. No swimming ability is needed. Pool depth will be at least 4 feet 4 inches.

**Get Fit:** - Uses interval training to Get Fit in the water

**Invest In Posture** - Work on good body alignment and strengthening

**Water Works** - Total Body Aqua Circuit interval training that targets the whole body

**Water Pilates** - Realign your body pilates style using noodles, resistance bands and kickboards

**Aqua Pump** - Aerobics gone Water Wild; get into your target heart rate zone and work

**Aqua Fit for Pregnancy** - Pregnancy-specific workout to target changes in the Mommy body \*extra charge

**Deep Water Running (DWR)** - These deep water, gravity-free exercise classes provide a wide variety of benefits including cardio-vascular endurance, muscular strength, flexibility and coordination. Pushing and pulling limbs against the resistance of the water can assist in building strength without stress on the joints. Participants will wear a floatation belt so that they are able to work the limbs more effectively

### Arthritis Water Exercise Class Descriptions

**Water Exercise for Arthritis** - An Arthritis Foundation Aquatics Program, this shallow water exercise class is specifically designed for people with arthritis. The focus is on stretching and strengthening muscles without stress to the joints. Classes will be held in the warm-water Teaching/Exercise Pool at a depth of 4 feet.

**Water Exercise for Arthritis Plus+** - This class is for those who have gone through a year of Water Exercise for Arthritis and are ready for a more challenging water exercise workout. The class includes endurance components for increasing range of motion and flexibility.

Equipment: Equipment may be used in any class to work against the water's resistance

### Water Exercise Class Card and Drop-in Fees

AQUATICS' BEST BUY! Good for Water Fitness exercise classes. It is not necessary to be registered in a program to purchase this card. Cards are not refundable or transferable if lost or unused.

	15-Classes*	30-Classes**	Water Exercise Class Drop-in Fees	
<b>Member</b>	Included in Membership		Single Class	\$30 Gym Mbr / \$35 Prog. User
<b>Program User</b>	\$285	\$540	Senior	\$17 Gym Mbr. / \$20 Prog. User
<b>Senior Member</b>	\$195	\$360		

\* The 15-session package must be completed within four months of the purchase date.

\*\* The 30-session package must be completed within eight months of the purchase date

For more information see a current Asphalt Green Catalogue or visit [www.asphaltgreen.org](http://www.asphaltgreen.org).