

AQUATIC GROUP EXERCISE

CONQUER DECOMPRESS WIN
BREATHE COMMIT SHARE RELAX
LEAP RUN SWIM MASTER
UNWIND TWIST PREVAIL LEARN
STRETCH THROW LIFT EXCEL
RECHARGE OUTDO ACHIEVE JUMP

2020

November 1 — December 31

MONDAY

TIME	CLASS	INSTRUCTOR
9:15-10 a.m. (LP)	H2O Combo	Judy
9:15-10 a.m. (TP)	Aqua Taiji	Dave
10:15-11 a.m. (TP)	Good Moves for Everybody	Judy
5-5:45 p.m. (LP)	H2O Combo	Heather

TUESDAY

TIME	CLASS	INSTRUCTOR
9:15-10 a.m. (LP)	Cardio Splash	KB
10:15-11 a.m. (TP)	Arthritis Plus	Patti

WEDNESDAY

TIME	CLASS	INSTRUCTOR
9:15-10 a.m. (LP)	Wave Circuit	Judy
10:15-11 a.m. (TP)	Good Moves for Everybody	Judy

THURSDAY

TIME	CLASS	INSTRUCTOR
10:15-11 a.m. (TP)	Arthritis Plus	Patti
5-5:45 p.m. (LP)	Aqua Boot Camp	Heather

FRIDAY

TIME	CLASS	INSTRUCTOR
9:15-10 a.m. (LP)	Boot Camp	Diana
10:15-11 a.m. (TP)	Ageless Aqua	Diana

SATURDAY

TIME	CLASS	INSTRUCTOR
9:15-10 a.m. (LP)	Cardio Splash	Beth

LOCATIONS

LP — Lap Pool TP — Therapy Pool

SUNDAY

TIME	CLASS	INSTRUCTOR
9:15-10 a.m. (LP)	Wave Circuit	Julie

CLASS DESCRIPTIONS

Ageless Aqua This class is ideal for any age with focus on light cardio conditioning, basic strengthening and flexibility.

Aqua Taiji Adopts classic Taiji motions consisting of gentle, fluid, graceful, circular movements performed in a slow, continuous manner. Takes place in a therapeutic pool and is particularly appropriate for anyone with balance, hip, knee or ankle problems.

Arthritis Plus An all age aquatic program designed for persons with varying degrees of arthritis. Range of motion and endurance exercises will strengthen all the muscles and joints.

Good Moves for Every Body The perfect class for anyone looking to feel better and more energetic especially individuals with Fibromyalgia and post rehab. Class emphasizes on stretching, body

awareness, core stabilization, general conditioning and having a great time while exercising.

H2O Combo Challenge the heart, sculpt the body and burn calories all in one class!

Wave Circuit This water class combines cardio intervals with aquatic resistance training.

Aqua Boot Camp If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts.

- Members must wear a mask when entering the pool deck and can store them in a plastic bag at poolside.
- Class sizes will be limited on a first come first serve basis.
- Please bring your own water.
- Whirlpools, saunas and steam rooms are temporarily unavailable, however the locker rooms will be open.



Rush Copley Healthplex Fitness Center