

Schedule subject to change- Additional classes may be added at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>7:30-8:25am <i>Advanced Gentle Joints: Aqua (LP)</i> Rhonda</p>		<p>7:30-8:25am <i>Advanced Gentle Joints: Aqua (LP)</i> Rhonda</p>		
<p>9:00-9:55am <i>Hydro Endurance (LP)</i> Rhonda</p>	<p>9:00-9:55am <i>Aqua Tone (LP)</i> Nicole</p>	<p>9:00-9:55am <i>Aqua HIIT (LP)</i> Nicole</p>	<p>9:00-9:55am <i>Aqua Tone (LP)</i> Nicole</p>	<p>9:00-9:55am <i>Hydro Endurance (LP)</i> Rhonda</p>	<p>9:00-9:55am ★ <i>Circuit Sola (LP)</i> Cheryl/Susan Z</p>
<p>12:15-1:00pm <i>Gentle Joints: Aqua (TP)</i> Nicole</p>	<p>12:15-1:00pm★ <i>Gentle Joints: Aqua (TP)</i> Nicole</p>	<p>12:15-1:00pm <i>Gentle Joints: Aqua (TP)</i> Nicole</p>	<p>12:15-1:00pm★ <i>Gentle Joints: Aqua (TP)</i> Nicole</p>	<p>10:00-10:55am <i>Advanced Gentle Joints: Aqua (LP)</i> Rhonda</p>	<p><u>Learn to Swim Program</u></p> <ul style="list-style-type: none"> • Parent Tot/Infant 10:00-10:30am • Preschool 10:35-11:05am • Learn Swim 11:10-11:55am • Adult/Teen Lessons 12:00-12:30pm
<p>1:00pm-2:00pm <i>Summer Camp (LP)</i></p>	<p>1:00pm-2:00pm <i>Summer Camp (LP)</i></p>	<p>1:00pm-2:00pm <i>Summer Camp (LP)</i></p>	<p>1:00pm-2:00pm <i>Summer Camp (LP)</i></p>	<p>1:00pm-2:00pm <i>Summer Camp (LP)</i></p>	
<p>3:00pm-7:00pm <i>ISR Swim (LP)</i></p>	<p>3:00pm-7:00pm <i>ISR Swim (LP)</i></p>	<p>3:00pm-7:00pm <i>ISR Swim (LP)</i></p>	<p>3:00pm-7:00pm <i>ISR Swim (LP)</i></p>	<p>3:00pm-7:00pm <i>ISR Swim (LP)</i></p>	
<p>5:30-6:25pm★ <i>Aqua HIIT (LP)</i> Nicole</p>	<p>5:45-6:40pm <i>Aqua Fit I (LP)</i> Carol S.</p>	<p>5:45pm-6:30pm <i>Express Aqua HIIT (LP)</i> Neil</p>	<p>5:45-6:40pm <i>Aqua Fit I (LP)</i> Carol S.</p>		<p>FAMILY SWIM: Friday 6:00-8:00pm Saturday/Sunday 2:00-5:00pm</p>
<p><u>Learn to Swim Program</u></p> <ul style="list-style-type: none"> • Parent Tot/Infant 6:30-7pm • Preschool 7:05-7:35pm • Learn Swim 7:40-8:25pm • Adult/Teen Lessons 8:30-9:00pm 	<p>6:45-7:30pm <i>Gentle Joints: Aqua (TP)</i> Carol S.</p>		<p>6:45-7:30pm <i>Gentle Joints: Aqua (TP)</i> Carol S.</p>		<p>Rev 7/21/2017 Cutt</p>
	<p>KidsFit Hours Mon-Fri 8:30a-1p/4:30p-8:30p Sat 8a-1p Sun Closed</p>		<p>Facility Hours Mon-Thur 5a-10:00p Fri 5a-9p Sat 6a-6p Sun 8a-6p</p> <p>*Pool closes 30 minutes before facility closes</p>		<p>Class Location Key: (LP): Lap Pool (TP): Therapy Pool</p> <p>**Start and stop time includes setup and breakdown</p> <p>▲ See class description before attending. ★ New Class, Instructor, Time, or Location.</p>

AQUATICS

Aqua Boot Camp

It's all the high intensity of a boot camp workout, only in the water! Whether you are looking for cardio, strength, or agility, this class offers it all in a low impact fashion that only the water can provide. **Aqua experience is recommended for this class.**

Aqua HIIT!

Ready to take your Aqua exercise to the next level? Aqua HIIT uses the water's resistance along with high intensity interval training to develop muscle tone, flexibility and cardiovascular fitness – no swimming experience required. **This class is high intensity.**

Aqua Fit I

Think water aerobics isn't a fitness challenge? Think again! With simple water dumbbells and the resistance of the water, this hour-packed workout is sure to leave you feeling refreshed and energized. Enhance your workout and step up to the challenge with water! **Aqua Fit is low to moderate intensity.** (No swimming experience required. Head is never submerged; t-shirt and gym shorts may be worn over suit.)

Aqua Tone

If you have a reason you can't work out on land but still want to get tone this class is for you! 90% of your body is supported by the water so this workout is easy on your joints, while still providing your body with a high amount of resistance that will give your chest, back, arms, legs, and core the right amount of soreness that lets you know you are getting a great workout and keep you coming back for more!

Deep H2O FIT

In this non-impact class, students are in the deep water area of the pool. A flotation belt is worn (provided in class) which will keep a student's head above water. A student must be comfortable in water but does not have to know how to swim in order to participate in this class. Deep Water Exercise is a total body workout and perfect for the person who is rehabilitating from surgery.

Circuit Sola

A fun and entertaining aqua circuit training class that provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge muscles. **Class may be modified for all fitness levels.**

Hydro Endurance

This aqua walk/run class is a low-impact cardio class for all levels. The class format is interval style and includes familiar athletic movements that allow you to **work as hard as you'd like**. Some aqua belts are available for participants

GENTLE JOINTS SERIES

Gentle Joints: Aqua

The emphasis of this water-based class is slow, gentle, range of motion exercises for all joints. These exercises also strengthen the muscles which support the joints using the resistance of the water. This class is held in our warm water therapy pool. *(Participants are more than welcome to attend this class and take it in the LP if they get too warm in the TP)*

Advanced Gentle Joints: Aqua

Low impact class in the lap pool. Alternating walking with exercises designed to improve your balance, core stability, and strength and cardio endurance. Various aqua equipment is utilized including noodles for suspended exercises.