



Water Fitness Schedule

All Classes Are Free To Members

May 2012

Mon	Tue	Wed	Thu	Fri	Sat
	1 8:00a H2O Express 9:00a Powers of 100 5:30p Power of 100 6:30p H2O Deep Water	2 8:00a H2O Fitness 11:00a H2O Walking 5:30p Aqua Mix 6:30p Noodles of Fun	3 8:00a H2O Kickboxing 9:00a Powers of 100 5:30p H2O Fitness 6:30p H2O Deep Water	4 8:00a H2O Fitness 9:00a H2O Walking	5 8:30a Powers of 100 9:30a Noodles of Fun
7 8:00a H2O Fitness 11:00a H2O Walking 5:30p Aqua Mix 6:30p H2O Fitness	8 8:00a H2O Express 9:00a Powers of 100 5:30p Power of 100 6:30p H2O Deep Water	9 8:00a H2O Fitness 11:00a H2O Walking 5:30p Aqua Mix 6:30p Noodles of Fun	10 8:00a H2O Kickboxing 9:00a Powers of 100 5:30p H2O Fitness 6:30p H2O Deep Water	11 8:00a H2O Fitness 9:00a H2O Walking	12 8:30a Powers of 100 9:30a Noodles of Fun
14 8:00a H2O Fitness 11:00a H2O Walking 5:30p Aqua Mix 6:30p H2O Fitness	15 8:00a H2O Express 9:00a Powers of 100 5:30p Power of 100 6:30p H2O Deep Water	16 8:00a H2O Fitness 11:00a H2O Walking 5:30p Aqua Mix 6:30p Noodles of Fun	17 8:00a H2O Kickboxing 9:00a Powers of 100 5:30p H2O Fitness 6:30p H2O Deep Water	18 8:00a H2O Fitness 9:00a H2O Walking	19 8:30a Powers of 100 9:30a Noodles of Fun
21 <p style="text-align: center;">Pool Closed For Cleaning</p>	22 8:00a H2O Express 9:00a Powers of 100 5:30p Power of 100 6:30p H2O Deep Water	23 8:00a H2O Fitness 11:00a H2O Walking 5:30p Aqua Mix 6:30p Noodles of Fun	24 8:00a H2O Kickboxing 9:00a Powers of 100 5:30p H2O Fitness 6:30p H2O Deep Water	25 8:00a H2O Fitness 9:00a H2) Walking	26 8:30a Powers of 100 9:30a Noodles of Fun
28 8:00a H2O Fitness 11:00a H2O Walking <p>Pool Closes at 5:00 PM</p>	29 8:00a H2O Express 9:00a Powers of 100 5:30p Power of 100 6:30p H2O Deep Water	30 8:00a H2O Fitness 11:00a H2O Walking 5:30p Aqua Mix 6:30p Noodles of Fun	31 8:00a H2O Kickboxing 9:00a Powers of 100 5:30p H2O Fitness 6:30p H2O Deep Water		

For your convenience, we have coded each class according to our recommended level or participation depending on duration of activity, physical expertise and skill, and physical limitations.

- **“Gentle”, coded G**

Classes for all levels of participants, especially those with arthritis or other joint limitations.

- **“Novice”, coded N**

For the new or recently inactive but experienced athlete with few or limited physical issues. These classes are fairly low impact and easily modified to accommodate joint related problems.

- **“Intermediate” coded I**

Intended for the regular exerciser with few limitations. These classes may include some high impact cardio activities with training levels in the mid aerobic range, moderate level cardio interval sets emphasizing short duration work, and/or heavier weight sets with weight progressions.

- **“Experienced”, coded E**

Designed for the advanced, skilled athlete with few limitations. These classes are intense and may include high impact interval sets; athletic training drills, short duration anaerobic sets, advanced choreography, and progressive muscle overloads.

H2O Boot Camp: Challenging class geared toward athletes in training. Includes lap swimming, deep water running, and strength training. Experienced exercisers. **E**

Aqua Mix: Increase cardiovascular endurance while strengthening and toning your upper and lower body. Each week will be a surprise as the instructor will mix up the workout to keep you motivated and wanting more while at the same time keeping your metabolism guessing what’s next.

Aquajogger: No impact aquatic exercise utilizing the aquajogger belts to strengthen muscles and increase cardiovascular endurance followed by cool down, toning and stretching. The majority of class participation is held in the deep water. Great for all levels of fitness.

H2O Kickboxing: A class that incorporates kickboxing into a challenging workout in water with kicks, punches, and multiple variations of them. **I, E**

H2O Cardio/Pilates: Advanced class with alternating cycles of cardiovascular and power moves. Aerobic section followed by 10 minutes of pilates in the water. **I, E**

H2O Fitness: Intermediate workout consisting of cardio, suspended core work and toning. **N, I**

H2O Muscle: Total body strengthening in the water. Equipment used for added resistance. **N, I**

H2O Total Body: Advanced class with alternating cardio and toning, which are in the shallow and deep ends of the pool. **I, E**

H2O Walking: This low impact class focuses on flexibility, conditioning, and cardiovascular endurance. Emphasis is placed on working large muscle groups. Classes are designed for individuals of all fitness levels to work towards a higher level of personal fitness. **G, N**

H2O Deep Water: This deep-water aerobic fitness class is designed to offer a total body workout for strength and cardiovascular fitness with minimal impact on the lower body joints. Although flotation equipment is used in class to help provide support during the exercises, participants should be comfortable in deep water. **G, N**

Noodles of Fun: This class offers toning techniques using the noodle. **G, N, I, E**

H2O Butts & Guts: A challenging class focused on building strength and toning gluts, and abdominals. Although flotation equipment is used in class to help provide support and strength building, participants should be comfortable swimming. **N, I**