

**N
O
V
E
M
B
E
R

2
0
1
9**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pool Class Schedule						
5:00 AM							
6:00 AM	Masters Workouts 6:00 - 7:30 am 2-3 lanes			Masters Workouts 6:00 - 7:30 am 2-3 lanes			
7:00 AM							
9:00 AM	Aqua Tabata- Deborah 9:15 am - 10:15 am	Aqua Energizer - Ann 9:15 am - 10:15 am	Aqua HIIT - Marina 9:15 am - 10:15 am	Aqua Movement - Ann 9:15 am - 10:15 am		AquaCardioTone-Cathy 9:00 am - 10:00 am	
10:00 AM	Ai Chi - Chris 10:30 am - 11:30 am		Aqua Tai Chi - Chris 10:30 am - 11:30 am		Ai Chi - Chris 10:30 am - 11:30 am		
11:00 AM							
Noon	R\$ Next Steps Aqua 12:15 pm - 1:15 pm		R\$ Next Steps Aqua 12:15 pm - 1:15 pm				
	R\$ Beginner Swim Class 12:10 pm - 1:00 pm	R\$ Beginner Swim Class 12:10 pm - 1:00 pm		R\$ Intermediate Class 12:10 - 1:00 pm			
1:00 PM		R\$ Arthritis Class - Deborah 1:00 pm - 2:00 pm		R\$ Arthritis Class - Deborah 1:00 pm - 2:00 pm			
2:00 PM							R\$ Beginner Swim Class 2:00 pm - 3 pm
3:00 PM							
5:00 PM	Aqua HITT - Rick 5:30 pm - 6:30 pm	R\$Arthritis Class - Susan 5:00 pm - 6:00 pm		R\$ Arthritis Class - Susan 5:00 pm - 6:00 pm			
6:00 PM	R\$ Next Steps Aqua 6pm - 7pm	HydroChallenge-Brittany 6:00 pm - 6:55 pm	R\$ Next Steps Aqua 6pm - 7pm	AquaCardioTone-Cathy 6:00 pm - 6:55 pm			
7:00 PM							
8:00 PM						Pool Closes 7:45 PM	Pool Closes 7:45 PM
9:00 PM					Pool Closes 8:45 PM		
10:00 PM	Pool Closes 9:45 PM	Pool Closes 9:45 PM	Pool Closes 9:45 PM	Pool Closes 9:45 PM			

R\$ Must register and pay for this class..

***** ALL CLASSES ARE 55 Minutes UNLESS OTHERWISE INDICATED *****

Lap Warm Pool

R\$ - Registration Required

Lifeguard breaks Monday - Friday @ 8am, 12pm, 7pm / Saturday & Sunday 10:30am, 3pm



Aqua Energizer - A fun, intense workout to improve cardio conditioning and toning. Improve flexibility and strength without impact. Swimming is not essential to participate. All levels welcome.

Aqua Cardio Tone - Cardio, strength, awesome music, fun! Bring it all together every Saturday morning for a workout you don't want to miss. All levels welcome.

Aqua Tabatta - Aquatic interval workout. Challenge yourself to work harder by adding interval training to your next aqua class! Work at your own level! All levels welcome.

HydroChallenge - A great aerobics workout without stressing your joints. Take the Hydro Challenge and work harder each week. Great music, enthusiastic instructor, awesome fun!. All levels welcome.

Aqua Movement - Using the length of the pool - running, walking and a variety of movements, this aerobic workout will keep you in shape and give you ideas for your own workouts when you are traveling. Fun music, energetic instructor! Be kind to your joints and come workout in the water! All levels welcome.

Aqua Zumba - There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! All levels welcome.

Ai Chi - Slow, relaxing, meditative, massaging movements based on the principles of Tai Chi help improve range of motion, mobility, and ease chronic pain. Swimming is not essential to participate. All levels welcome. The shallow portion of the warm pool is closed during this class. Members may use the steps, stairs or lift to enter and exit the pool.

Aqua HIIT - Come stay cool in the water while getting a great workout. This class uses intervals to elevate heart rate using both aerobic and anaerobic heart rate zones. Increase endurance and strength- it's a fast and furious workout!

R\$ = Registraion Required

The following classes require registration:

All Swim Classes

Arthritis Classes

Next Steps

Masters Workouts