

AQUATIC GROUP FITNESS SCHEDULE: December 1, 2016-February 28, 2017

Time	MONDAY: Class	Level	Location
8:15 - 9:00 a.m.	Get Fit - H2O Style	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
9:00 - 10:00 a.m.	(CR) Get Fit - H2O Style	1-2	WWP
10:00 - 11:00 a.m.	Arthritis Aquatics	1-2	WWP
11:00 - 12:00 p.m.	Arthritis Aquatics	1-2	WWP
4:00 - 5:00 p.m.	(CR) Get Fit - H2O Style	1-2	WWP

Time	TUESDAY: Class	Level	Location
9:00 - 10:00 a.m.	Aqua Cardio and Core	All	WWP
9:15 - 10:15 a.m.	Aqua Blast	2-3	MPP
5:30 - 6:30 p.m.	Get Fit - H2O Style	1-2	WWP

Time	WEDNESDAY: Class	Level	Location
8:15 - 9:00 a.m.	Get Fit - H2O Style	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
9:00 - 10:00 a.m.	(CR) Get Fit - H2O Style	1-2	WWP
10:00 - 11:00 a.m.	Arthritis Aquatics	1-2	WWP
11:00 - 12:00 p.m.	Arthritis Aquatics	1-2	WWP
4:00 - 5:00 p.m.	(CR) Get Fit - H2O Style	1-2	WWP

Time	THURSDAY: Class	Level	Location
6:00 - 7:00 a.m.	Chaos H2O	All	MMP
9:00 - 10:00 a.m.	Aqua Cardio and Core	All	WWP
9:15 - 10:15 a.m.	Aqua Blast	2-3	MPP
5:30 - 6:30 p.m.	Get Fit - H2O Style	1-2	WWP

Time	FRIDAY: Class	Level	Location
8:15 - 9:00 a.m.	Get Fit - H2O Style	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
9:00 - 10:00 a.m.	(CR) Get Fit - H2O Style	1-2	WWP
10:00 - 11:00 a.m.	Arthritis Aquatics	1-2	WWP
11:00 - 12:00 p.m.	Arthritis Aquatics	1-2	WWP
4:00 - 5:00 p.m.	(CR) Get Fit - H2O Style	1-2	WWP

Location Key:

MPP = Multi Purpose Pool WWP = Warm Water Pool

Level 1: For participants who are new to aerobic/exercise programs. Class includes basic movements and sequences that are low-impact.

Level 2: For the slightly more experienced participant. Classes include simple movement patterns that may vary in intensity levels.

Level 3: For the experienced aerobic participant. Class includes more challenging movement patterns at higher intensity levels.

AQUATIC FITNESS CLASS DESCRIPTIONS

Aqua Blast: Use the resistance properties of the water to blast yourself to the next fitness level. This low-impact class burns calories and tones your body with intervals of heart-pumping cardio and resistance exercises.

Aqua Cardio and Core: This innovative class combines cardio, Pilates Mat/Core exercises, stretching and flexibility techniques to simultaneously stretch, strengthen and lengthen, and stabilize the entire body.

Arthritis Aquatics: Water is a safe, ideal environment for relieving arthritis pain and stiffness. The gentle activities in this warm water pool class will help you gain strength and flexibility while decreasing pain and stiffness. In the relaxed, friendly, and supportive atmosphere of this class, new friendships are made and self-esteem soars.

Chaos H2O: Incorporate the resistance properties of the water and this Chaos inspired class and push you to the max. The workout will never get old -- you'll never know what to expect. Take yourself to a new fitness level.

Get Fit - H2O Style: This is a beginner/intermediate class which uses the basic techniques of water fitness for a great workout. Taught in the warm water pool, this class is great for individuals just getting started on a workout program and for those individuals with joint issues.

(CR) Get Fit - H2O Style is a class designed for Cardiac Rehab members, but is open to all members as long as space permits.

McLeod Health and Fitness Center Hours of Operation:

Monday – Thursday

5:30 a.m. until 10:00 p.m.

Friday

5:30 a.m. until 8:00 p.m.

Saturday

7:00 a.m. until 7:00 p.m.

Sunday

1:00 p.m. until 7:00 p.m.

**For up-to-date class schedule information, call the Group Fitness Hotline:
777-3232.**