

AQUATIC GROUP FITNESS SCHEDULE

MONDAY

Time	Class	Level	Location
8:15 - 9:00 a.m.	Water Works	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
9:00 - 10:00 a.m.	Water Works	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 - 4:55 p.m.	Water Works	1-2	WWP

TUESDAY

Time	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.	Water Works	1-2	WWP

WEDNESDAY

Time	Class	Level	Location
8:15 - 9:00 a.m.	Water Works	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
9:00 - 10:00 a.m.	Water Works	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 - 4:55 p.m.	Water Works	1-2	WWP

THURSDAY

Time	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.	Water Works	1-2	WWP

FRIDAY

Time	Class	Level	Location
8:15 - 9:00 a.m.	Water Works	1-2	WWP
8:45 - 9:45 a.m.	Aqua Blast	2-3	MPP
9:00 - 10:00 a.m.	Water Works	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 - 4:55 p.m.	Water Works	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.

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

Group Fitness Aquatics Schedule

McLeod Health & Fitness Center

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.

Water Works: Water works for everyone. Are you -- New to exercise? Recovering from an injury or other physical challenge? Needing to give your joints a break? Enjoy exercising in the water? Enjoy meeting new people? Then this is the class for you! Water Works uses the resistance of the water to get your heart rate up and your muscle moving. Come join in on the fun!! Non-swimmers are welcome.

McLeod Health and Fitness Center Hours of Operation

Monday - Thursday 5:00 a.m. until 10:00 p.m.

Friday 5:00 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.