

Wellness Class Schedule

October 2020



	Land Classes		Shallow H2O		Deep H2O	
MONDAY	8:00-8:45am	Funk Aerobics - Lawrence	7:00-7:45am	Aquacise - Lawrence	10:00-10:45am	Aqua Boot Camp - Lawrence
	9:00-9:45am	Chair Yoga - Heather	8:00-8:45am	AF&More - Judy	11:00-11:45am	Aquacise - Rose
	10:00-10:45am	Core Blast - Kimi	8:45-9:30am	Silver Splash - Lawrence	6:00-6:45pm	Aqua Boot Camp - Rose
	11:00-11:45am	Yoga - Kimi	7:00-7:45pm	H2O Fit - Lawrence		
	12:15-1:00pm	Classic Chair - Rose				
TUESDAY	8:00-8:45am	Tai Chi - Karen	7:00-7:45am	Aquacise - Lawrence	6:15-7:00am	Running U - Rose
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	7:00-7:45am	Running U - Rose
	10:30-11:15am	Power Pump - Lawrence	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Interm. Line Dance - Pauline	12:30-1:00pm	Aqua 30/30 - Lawrence	1:00-1:30pm	Aqua 30/30 - Lawrence
	11:15am-12:00pm	Classic Chair - Rose			6:00-7:00pm	Running U - Rose
	12:15-1:00pm	Cardio Strength - Rose				
WEDNESDAY	9:00-9:45am	Strength & Balance - Heather	7:00-7:45am	Aquacise - Lawrence	9:00-9:45am	Aqua Fun - Jane
	10:00-10:45am	Core Blast - Heather	8:00-8:45am	AF&More - Jane	10:00-10:45am	Aqua Body Blast - Lawrence
	11:00am-12:00pm	Gentle Yoga - Heather	8:45-9:30am	Aquacise - Lawrence	11:00-11:45am	Aquacise - Rose
			12:00-12:45pm	AF&More - Judy	6:00-6:45am	Zero Impact - Rose
			7:00-7:45pm	Aquacise - Lawrence		
THURSDAY	8:00-8:45am	Stretching - Lawrence	7:00-7:45am	Aquacise - Lawrence	6:15-7:00am	Running U - Rose
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	7:00-7:45am	Running U - Rose
	10:30-11:15am	Power Pump - Lawrence	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Beg. Line Dance - Pauline	12:30-1:00pm	Aqua 30/30 - Lawrence	9:45-10:30am	Aqua Fun - Jane
	11:15am-12:00pm	Classic Chair - Rose			1:00-1:30pm	Aqua 30/30 - Lawrence
	7:00-7:45pm	Pilates - Lawrence			6:00-7:00pm	Running U - Rose
FRIDAY	8:00-8:45am	Stretching - Lawrence	7:00-7:45am	Aquacise - Lawrence	10:00-10:45am	Aqua Body Blast - Rose
	8:00-8:45am	Beginner Tai Chi - Karen	8:00-8:45am	AF&More - Judy	11:00-11:45am	Aquacise - Lawrence
	9:00-9:45am	Tai Chi - Karen	8:45-9:30am	Aquacise - Lawrence		
	10:00-10:45am	Core Blast - Lawrence				
	11:15am-12:00pm	Classic Chair - Rose				
	12:15-1:00pm	Cardio Strength - Rose				

The Wellness Pavilion is located in the grassy area to the East of the Competition Pool.

***Power Pump on Tues/Thurs Morning will meet on the East Competition Pool Deck.

***Beginner Tai Chi will meet outside in the grass next to the Wellness Pavilion.

Wellness Class Descriptions



Class Zones:	Zone 1 = conversational	Zone 2 = hard to converse	Zone 3 = working hard, breathing hard	Zone 4 = really kicking butt
---------------------	-------------------------	---------------------------	---------------------------------------	------------------------------

Water Classes

AF & More	zone 1	(Arthritis Foundation) Shallow Water exercise program proven to help reduce pain and stiffness while increasing strength, flexibility, and endurance. Suitable for every fitness level.
Aqua 30/30	zone 3	Medium to intense class that will run in shallow water for 30 mins and then transition to deep water for 30 mins.
Aqua Body Blast	zone 4	Challenging deep water, whole body workout designed to build strength, definition, and endurance.
Aqua Boot Camp	zone 4	High intensity, deep water class designed with cardio and toning components to challenge participants of all ages and fitness levels.
Aquacise	zone 3	Low to medium impact, class promoting flexibility, range of motion, and agility while building cardio vascular endurance. Class runs in shallow and deep water.
Aqua Fun	zone 2	Introductory deep water class, great for building strength and cardiovascular endurance.
Finning	zone 3	High energy, aerobic class in deep water, using flippers for extra resistance.
H2O Fit	zone 3	Shallow water class targeting a wide range of fitness levels from beginner to advanced, prenatal and postnatal.
Running University	zone 4	Deep water class consisting of running motions and interval training. Great for runners or those looking for a great cardiovascular workout.
Silver Splash	zone 3	Shallow water class, lots of fun and will improve agility, flexibility, and cardiovascular endurance.
Zero Impact	zone 3	Intermediate to advanced deep water class designed to provide a joint friendly, full body workout.

Land Classes

Beginner Line Dancing	zone 1	Lots of energy, fun with great music, learn all classic line dances.
Boot Camp	zone 4	Challenging class that uses body weight exercises and weights to tone muscle while building cardiovascular endurance.
Cardio Kickboxing	zone 4	High energy, non-contact kickboxing. Combines elements of boxing, martial arts and traditional aerobics. Open to all levels of fitness.
Chair Yoga	zone 1	Chair supported yoga practice to reduce stress, increase range of motion, and promote mental well-being and resiliency.
Classic Chair	zone 1	Move to the music through chair supported strength and range of motion exercises to improve functional daily life.
Core Blast	zone 3	Core focused class incorporating standing, seated, and floor mat exercises.
Funk Aerobics	zone 3	Functional strength and cardio workout set to a playlist of funky and fabulous music.
Pilates	zone 2	Combines stretching, strength building exercises and breath control to offer full body transformation and improved posture.
Power Pump	zone 3	Total body strength workout including flexibility and balance exercises. Supports health metabolism and fights age related bone loss.
Stretching	zone 1	Calming class focused on active recovery and muscle relaxation.
Strength + Balance	zone 2	Designed to help you build muscle and core strength through functional, low impact exercises. Class will also include balance and flexibility work.
Tai Chi	zone 1	An ancient Chinese practice of energy flow and body awareness. Gentle flowing movements combined with breath work and balance. Rejuvenating for all fitness levels.
Yoga	zone 2	An ancient practice to revitalize and calm the body, mind, and spirit. Flow through movements with controlled breathing, tune into your full body awareness.
Zumba	zone 3	Full body cardiovascular workout set to Latin themed dance music. A fun and fabulous way to get fit.
Zumba Gold	zone 3	Designed for active older adults, a modified zumba class recreating the same movements at a lower intensity. Chairs can be provided for support.