

Wellness Class Schedule

September 2021



	Community Room 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	HI-Low - Kimi	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		
	11:00-11:45am	Yoga - Kimi	7:15-8:00pm	H2O Fit - Lawrence		
	12:15-1:00pm	Classic Chair - Rose				
	5:30-6:15pm	HIIT Circuit - Kimi			6:00-6:45pm	Aqua Boot Camp - Rose
	6:30-7:15pm	Stretching - Kimi				
TUESDAY	8:00-8:45am	Tai Chi for Health - 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
	10:00-10:45am	Power Pump - Lawrence	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Interm. Line Dance - Pauline	12:00-12:45pm	Aquacise - Lawrence		
	11:15am-12:00pm	Classic Chair - Rose				
	12:15-1:00pm	Cardio Strength - Rose			6:00-7:00pm	Running U - Rose
WEDNESDAY	8:00-8:45am	Zumba - Heather	7:00-7:45am	Aquacise - Lawrence	9:00-9:45am	Aqua Fun - Jane
	9:00-9:45am	Strength & Balance - Heather	8:00-8:45am	AF&More - Jane	10:00-10:45am	Aqua Body Blast - Lawrence
	10:00-10:45am	Core Blast - Heather	8:45-9:30am	Aquacise - Lawrence	11:00-11:45am	Aquacise - Rose
	11:00am-11:45am	HIIT Circuit - Kimi	12:00-12:45pm	AF&More - Judy		
	12:00-12:45pm	Stretching - Kimi	7:15-8:00pm	Aquacise - Lawrence	6:00-6:45pm	Zero Impact - Rose
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
	10:00-10:45am	Power Pump - Lawrence	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence
	10:15-11:00am	Beg. Line Dance - Pauline	12:00-12:45pm	Aquacise - Lawrence	9:45-10:30am	Aqua Fun - Jane
	11:15am-12:00pm	Classic Chair - Rose				
	5:30-6:15pm	Boot Camp - Lawrence				
	6:30-7:15pm	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	Tai Chi Forms - Karen	8:00-8:45am	AF&More - Judy	11:00-11:45am	Aquacise - Lawrence
	9:00-9:45am	Intro to 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	***Indicates class will be held outside or on the competition pool deck.***			

Events and Updates

Shallow Water Pop Up Classes with Atika

Monday, September 13

10:00-10:45am Cardio Noodle

11:00-11:45am Aqua Zen

Monday, September 27

10:00-10:45am Splashout

11:00-11:45am Aqua Tabata

** See our Wellness Class Descriptions Sheet for specifics about each class!**

New Therapy Pool Reservation System

Therapy Pool users will soon be able to make their own reservations using their ClubAutomation Accounts. Please stop by the front desk for more information!

Long Course Lap Swim Times

competition pool in 50 meters

Monday, open to 1pm

Friday all day

Wellness Month-At-Glance: September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
6	7	8	9	10
13 <u>Morning Shallow H2O</u> <u>Pop Ups with Atika</u> 10-10:45 Cardio Noodle 11-11:45 Aqua Zen	14	15	16	17
20	21	22	23	24
27 <u>Morning Shallow H2O</u> <u>Pop Ups with Atika</u> 10-10:45 Splashout 11-11:45 Aqua Tabata	28	29	30	1

Wellness Class Descriptions



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

AF & More	zone 1	(Arthritis Foundation and More) Shallow Water exercise program proven to help reduce pain and stiffness while increasing strength, flexibility, and endurance. Suitable for every fitness level.
Aqua Zen	zone 1	A gentle, shallow water class that focuses on mindfulness and range of motion while improving balance and body awareness. Find your zen while receiving all of the tranquility that the water has to offer.
Aqua Fun	zone 2	Introductory deep water class, great for building strength and cardiovascular endurance.
Silver Splash	zone 2	Shallow water class, lots of fun and will improve agility, flexibility, and cardiovascular endurance.
Aquacise	zone 3	Move and groove to the music! This low to medium impact class promotes flexibility, range of motion, and agility while building cardio vascular endurance. Class runs in shallow and deep water. Our most popular class!
Cardio Noodle	zone 3	Medium to intense shallow water class utilizing noodles to create resistance and get your blood pumping!
Finning	zone 3	High energy, aerobic class in deep water, using flippers for extra resistance.
Zero Impact	zone 3	Intermediate to advanced deep water class designed to provide a joint friendly, full body workout.
H2O Fit	zone 3	Shallow water class targeting a wide range of fitness levels from beginner to advanced, prenatal and postnatal.
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.
Aqua Tabata	zone 4	Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time.
Splashout	zone 3	Atika's signature shallow water class: incorporates full body toning exercises and cardio intervals.
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.

Land Classes

Classic Chair	zone 1	Move to the music through chair supported strength and range of motion exercises to improve functional daily life.
Stretching	zone 1	Calming class focused on active recovery and muscle relaxation.
Intro to Tai Chi	zone 1	Introduces the underlying principles of Tai Chi movement and Qigong exercises to new practitioners. This class will go back to the basics and includes Tai Chi walking and learning short forms such as "Tai Chi for Rehabilitation" and "Yang Simplified 8 form."
Tai Chi Forms	zone 1	Focuses on learning the different movements that make up the Tai Chi forms. The widely practiced forms (Yang 24, Sun 73 and Chen 36) will be offered. In the fall we will start again with Yang 24. This class also includes the practice of flow ensuring that the body is in constant motion.
Tai Chi for Health	zone 1	Designed to improve balance and agility and promote the underlying principles of Tai Chi. Tai Chi for Health centers on flowing movements ensuring that the body is in constant motion. Movements are based on Yang Style which is the most popular and widely practiced style of Tai Chi in the world.
Cardio Strength	zone 2	Interval class alternating between cardio combinations and strength, balance, or core training. Designed to build strength and endurance and promote healthy, active aging.
Line Dancing	zone 2	Lots of energy, fun with great music, learn all classic line dances.
Pilates	zone 2	Combines stretching, strength building exercises and breath control to offer full body transformation and improved posture.
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.
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.
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.
HI-Low	zone 3	High Intensity, Low Impact is a class designed with intervals of intense activity to elevate your heart rate and burn fat. To protect your joints, exercises taught in this class are Low Impact, meaning they are safe for participants of all abilities.
Power Pump	zone 3	Total body strength workout including flexibility and balance exercises. Supports health metabolism and fights age related bone loss.
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.
Boot Camp	zone 4	Challenging class that uses body weight exercises and weights to tone muscle while building cardiovascular endurance.