

Wellness Class Schedule

January 2022



| | 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 Flow - Karen | 7:00-7:45am | Aquacise - Lawrence | 6:15-7:00am | Aqua Running - Rose |
| | 9:15-10:00am | Zumba Gold - Rose | 8:00-8:45am | AF&More - Jane | 7:00-7:45am | Aqua Running- 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 | 10:00-10:45am | Aqua Body Blast - Cami |
| | 11:15am-12:00pm | Classic Chair - Rose | | | | |
| | 12:15-1:00pm | Cardio Strength - Rose | | | 5:15-6:15pm | Aqua Running - 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 | | | | |
| | 1:00-1:45pm | Chair Yoga - 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 | Aqua Running - Rose |
| | 9:15-10:00am | Zumba Gold - Rose | 8:00-8:45am | AF&More - Jane | 7:00-7:45am | Aqua Running - 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 | 9:45-10:30am | Splashout - Atika | | |
| | 11:15am-12:00pm | Classic Chair - Rose | 10:30-11:15am | Cardio/Stretch/Sculpt - Atika | | |
| | 5:30-6:15pm | Boot Camp - Lawrence | 12:00-12:45pm | Aquacise - Lawrence | | |
| | 6:30-7:15pm | Pilates - Lawrence | | | 5:15-6:15pm | Aqua Running - Rose |
| FRIDAY | 8:00-8:45am | Stretching - Lawrence | 7:00-7:45am | Aquacise - Lawrence | 10:00-10:45am | Aqua Body Blast - Rose |
| | 9:00-9:45am | Tai Chi Forms- Karen | 8:00-8:45am | AF&More - Judy | 11:00-11:45am | Aquacise - Lawrence |
| | 10:00-10:45am | Core Blast - Lawrence | 8:45-9:30am | Aquacise - 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.

Wellness Month-At-Glance: January 2022



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|-------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------|--------|
| 3 | 4 <u>New Weekly Class</u> 10:00-10:45am Deep Water Aqua Body Blast with Cami | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 Atika's 9:45 and 10:30 Shallow water classes move to Deep Water | 28 |
| 31 | 1 | 2 | 3 | 4 |

Wellness Class Descriptions



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|-------------------------------|-------------------------|---------------------------|---------------------------------------|------------------------------|
| Class Intensity 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

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| 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. |
| Ai Chi | Zone 1 | Shallow Water class that combines Tai-Chi concepts with Shiatsu and Watsu techniques and is performed standing in shoulder depth water using a combination of deep breathing and slow, broad movements of the arms, legs, and torso. |
| 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. |
| Splashout | zone 3 | Atika's signature shallow water class: incorporates full body toning exercises and cardio intervals. |
| 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. |
| Aqua Running | 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

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| Classic Chair | zone 1 | Move to the music while performing chair supported strength & range of motion exercises to improve functional daily life. |
| Chair Yoga | zone 1 | Chair based gentle yoga class offering adaptive and modified yoga postures. No floor mat is used for this class, all chair based movement. |
| Stretching | zone 1 | Calming class focused on active recovery and muscle relaxation. |
| 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 Flow | zone 1 | Designed to improve balance and agility and promote the underlying principles of Tai Chi. Tai Chi Flow is a series of movements performed in a slow, focused manner accompanied by deep breathing. |
| 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. |
| HIIT Circuit | zone 4 | Circuit training is a combination of exercises structured into sets with predetermined number of repetitions. HIIT (high intensity interval training) utilizes short intervals of intense effort to elevate your heart rate and burn fat more effectively. |
| Boot Camp | zone 4 | Challenging class that uses body weight exercises and weights to tone muscle while building cardiovascular endurance. |