

Water Fitness Schedule

Webbed Gloves, Shoes, & Water Bottles are recommended for ALL Water Fitness Classes

All classes are 45 minutes unless indicated otherwise

Monday	
Time	Class
8:30 AM	Shallow Water Fitness
9:15 AM	Latin Splash (30 mins.)
10:00 AM	Older Adult
11:00 AM	Arthritis
7:00 PM	**Water Boot Camp (30 mins.)

Wednesday	
Time	Class
8:30 AM	Shallow Water Fitness
9:15 AM	Shallow/Deep Combo
10:00 AM	Older Adult
11:00 AM	Arthritis

****Please note: Effective Oct. 24 Water Boot Camp will be offered at 6:45pm**

Friday	
Time	Class
8:30 AM	Shallow Water Fitness
9:15 AM	Water Fitness
10:00 AM	Older Adult
11:00 AM	Arthritis

Tuesday	
Time	Class
9:00 AM	Deep Water Fitness
11:00 AM	Older Adult
2:00 PM	Water Walking

Thursday	
Time	Class
9:00 AM	Deep Water Fitness
11:00 AM	Older Adult
2:00 PM	Water Walking

****Please note: Effective Oct. 25 Deep Water Fitness will be offered at 9:15am**

Saturday	
Time	Class
9:30 AM	Water Boot Camp (30 mins.)

Shallow Water Fitness-This class meets in the shallow end of the large pool navel to nipple depth and is designed for healthy participants who want to improve cardio, muscle strenght, endurance, flexibility and balance. Exercises range from low to high intensity levels.

Shallow/Deep Combo Water Fitness- This class meets in the shallow end of the large pool and gives you all the benefits of shallow water and deep water fitness combined into one class. Intensity ranges moderate to high. Float belts are used as transition is made to deep water.

Older Adult-This class meets in the small pool, navel to nipple depth and is designed for older adults who want improve activities of daily living. Exercises range from low to moderate intensity intensity levels.

Deep Water Fitness-This class meets in the shallow end of the large pool to start then progresses to the deep end. All participants are required to wear a float belt to maximize the benefits of the exercises in a bottomless enviroment. Exercises range from low to high intensity levels.

Arthritis-This class meets in the small pool, navel to nipple depth and is designed to improve range of motion, flexibility, strength and endurance. then blend them into a water workout.

Water Walking-Walk through the water to develop your balance by using core stability and range of motion by joint flexion and extention. For best results navel to nipple depth is recommended. Intensity level will very based on your needs.

Water Boot Camp-This class meets in the shallow end of the large pool navel to nipple depth. This is the ultimate workout for total body fitness. A combination of cardio and muscle strength and endurance exercises are used. This is a high intensity workout.

