

# 2022 Water Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:35-6:20am Lap Pool	<b>Aqua Risers</b> Carrie		<b>Aqua Risers</b> Carrie		<b>Aqua Risers</b> Carrie
6:30-7:30am Leisure Pool			<b>Water Pilates</b> Bjo		<b>Water Pilates</b> Bjo
9:00-9:45am	<b>Power Waves</b> Nora <i>*Lap Pool</i>	<b>Aqua Basics</b> June <i>*Leisure Pool</i>	<b>Power Waves</b> Nora <i>*Lap Pool</i>	<b>Aqua Basics</b> June <i>*Leisure Pool</i>	
10:00-10:45am Lap Pool	<b>Deeply Fit</b> Amanda	<b>Deeply Fit</b> Sue	<b>Deeply Fit</b> Amanda	<b>Deeply Fit</b> Sue	
11:30-1:00pm Lap Pool	<b>Master Swim</b> Beth	<b>Master Swim</b> Beth		<b>Master Swim</b> Beth	<b>Master Swim</b> Beth

**\*CLASSES ARE SUBJECT TO CHANGE AT ANY TIME. OUTSIDE TRAINING OR NON-FACILITY LEAD GROUP EXERCISE CLASSES ARE NOT PERMITTED. Exercise Participants must be 15 years of age. City Programming takes priority in areas which they occupy.**

**Effective September 1<sup>st</sup>, 2022**

**Aqua Risers** Class begins at the splash of dawn! Utilizing both shallow and deep water for a guaranteed challenge traveling through the water to maximize stamina and build strength. Lap pool lanes 6-8

**Aqua Basics** Back to Basics with Fun & Finesse. Aquatic training that everyone enjoys, excellent introduction to aquatic fitness. Improve strength, balance and function. Leisure pool splash down.

**Deeply Fit** Beginners to advance take to the deep water. Running and traveling to activate body, core muscles, increase stamina by applying different exercise movements. Lap pool lanes 6-8.

**Power Waves** Creative class that is fun to follow and keeps you warm. Crank up the intensity without overloading your mental circuits. Lap pool lanes 6-8

**Water Pilates** Mindfully exploration of body mechanics movement and posture. Drills designed for strength building, endurance, balance and flexibility. Focus to develop improved awareness of everyday movement, to advance athletic performance and to share the discoveries of the amazing human creation. Laughter and refreshment are natural by-products of participation. Leisure pool splash down.

**Master Swim** Adults (17 & over) class for fitness swimmers, tri-athletes, & competitive or previously competitive swimmers. Class emphasizes improving stroke technique, swimming endurance while having fun in a group setting. Workouts for different levels/speeds are offered. Winter 25-yard indoor pool, lanes 1-4. Summer outside 50-meter pool, lanes 1-5.