

2021 Water Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:35-6:20am Lap Pool 7-8 17 participants	AquaRisers Carrie		AquaRisers Carrie		AquaRisers Carrie
8:15-9:30am Leisure Pool 9 participants					Water Pilates Bjo
9:30-10:30am Leisure Pool 10 participants					Perky Parks Bjo
9:00-9:45am Location #Participants	Power Waves Barb Lap Pool 6-8 21	Aqua Basics June Leisure Pool 18	Power Waves Barb Lap Pool 6-8 21	Aqua Basics June Leisure Pool 18	
10:00-10:45am Lap Pool 24 participants	Deeply Fit Mary	Deeply Fit Sue	Deeply Fit Mary	Deeply Fit Sue	
11:30-1:00pm 25 yard pool Lanes 1-5 25 participants or 5 per lane	Master Swim Beth	Master Swim Beth		Master Swim Beth	Master Swim Beth

***CLASSES ARE SUBJECT TO CHANGE AT ANY TIME. OUTSIDE TRAINING OR NON-FACILITY LEAD GROUP EXERCISE CLASSES ARE NOT PERMITTED. City Programming takes priority in areas which they occupy. Exercise Participants must be 15 years of age. 11/10/2021**

Aquarisers Class begins at the splash of dawn! Class held in the lap pool utilizing both the shallow and deep water for a guaranteed challenge, by traveling through the water to maximize your stamina and build strength. Class meets in the Lap Pool. Lanes 6-8

Aqua Basics Back to Basics, with Fun & Finesse. Aquatic training that everyone enjoys, excellent introduction to aquatic fitness training. Improve strength, balance and function. M/W Lap Pool T/Th Leisure Pool.

Deeply Fit Beginners to advance take the plunge. Deep water running and traveling to activate your body, your core muscles, your stamina and your mind by applying many different exercises and movements for water exercise. Class meets in 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. Class meets in the Lap Pool. Lanes 6-8

Perky Parks This class is designed to address body mechanics that help with everyday life needs. It offers aerobic work and skill work that is fun and social. Meet in Leisure Pool.

Wet Pilates This class is mindfully exploring the body mechanics of movement and posture. Drills are designed for strength building, endurance, balance and flexibility. They are intended 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. Meet in Leisure Pool.

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. For questions, contact Coach Beth bbeth.eldridge@yahoo.com. Class meets in the Lap Pool lanes 1-5.

Channel walking at any time; please be aware that classes hold priority over the space they occupy. Thank you.