

# Winter2023 Water Exercise Class Schedule



[www.rcgov.org](http://www.rcgov.org)

**605-394-5223**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:35-6:20am Lap Pool	Aqua Risers Carrie		Aqua Risers Carrie		Aqua Risers Carrie
6:00-6:55am & 6:55-7:45am Leisure Pool Adults Only			Water Pilates Bjo		Water Pilates Bjo
9:00-9:45am Lap Pool	Power Waves Nora	Power Waves June	Power Waves Nora	Power Waves June	
10:00-10:45am Lap Pool	Deeply Fit Nora	Deeply Fit Sue	Deeply Fit Barb	Deeply Fit Sue	
11:30-1:00pm Lap Pool	Master Swim Beth	Master Swim Beth		Master Swim Beth	Master Swim Beth

Updated 12/01/23

\*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 to attend alone, 13 & over with adult & must fully participate unless otherwise stated in description. City Programming takes priority in areas which they occupy.

**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.

**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 5-8.

**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 5-8

**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.