

Water Exercise Class Schedule

Updated:
12/7/11

LP - Large Pool SP-Small Pool

All Classes 45 to 60 minutes in length unless otherwise noted

Monday

8:00 am
Slow & Easy (SP)
Lynn/Dianne

8:30 am
Aqua_Aerobics (LP)
Tracy Tallent

8:45 am
Warm Water Aerobics
(SP) Jill Gneiting

10:45-11:15 am
Pedal for a Purpose! (SP)
Shellie Kutsch

11:15 am
Slow & Easy (SP)
Shellie Kutsch

5:55 pm
Aqua_Aerobics (LP)
Michelle Moody

Tuesday

8:30 am
Deep Water (LP)
Linda Barbaro

9:20-9:50 am
Pedal for a Purpose! (SP)
Linda Barbaro

1:30 pm
Slow & Easy (SP)
Katy Pflanzgraf

5:55 pm
Aqua Aerobics (LP)
Claire Lattner

Wednesday

8:00 am
Slow & Easy (SP)
Lynn/Dianne

8:30 am
Aqua Aerobics (LP)
Tracy Tallent

8:45 am
Warm Water Aerobics
(SP) Jill Gneiting

10:45-11:15 am
Pedal for a Purpose! (SP)
Shellie Kutsch

11:15 am
Slow & Easy (SP)
Shellie Kutsch

6:30 pm
Aqua Aerobics (LP)
Michelle Moody

Thursday

8:30 am
Deep Water (LP)
Linda Barbaro

9:20-9:50 am
Pedal for a Purpose! (SP)
Linda Barbaro

1:30 pm
Slow & Easy (SP)
Katy Pflanzgraf

5:55 pm
*New! Aqua Zumba (LP)
Katie McFarland

Friday

8:00 am
Slow & Easy (SP)
Lynn Harbin

8:30 am
Deep Water (LP)
Tracy Tallent

8:45 am
Warm Water Aerobics
(SP) Lynn Harbin

11:15 am
Slow & Easy (SP)
Jeanne Moreford

Saturday

8:30 am
Aqua Aerobics (LP)
Michelle Moody

AQUA ZUMBA IS FINALLY HERE!

*Pedal for a Purpose is
new and incorporates the
hydroider aqua bikes!
Please sign up in the
small pool area. Classes
may be held in the large
pool at the instructor's
discretion.*

Water Class Schedule - Class Descriptions

Aqua Aerobics – Looking for a healthy alternative to land exercise? How about a fun, invigorating workout in the pool? Swimming skills not necessary.

Aqua Zumba -- Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Deep Water Aerobics – This class, in the deep end of the large pool, can provide aerobic benefits without putting stress on joints. Class participants should feel comfortable in deep water. Aqua Jogger belts will be provided on a first come, first serve basis.

Pedal for a Purpose - Take advantage of the many benefits of the aquatics environment by participating in the Pedal for a Purpose Class. Cycling in the water reduces pressure on joints and on the lower back. The hydrostatic pressure and constant water massage increases blood flow and enhances circulation. Please sign up for this class on the clipboard in the pool area (located on the ledge by the small pool). Thank you!

Slow & Easy Aquacise – Held in our waist deep warm water pool, this class includes a series of exercises for the entire body. It is designed to use the support and resistance of water. Swimming skills not necessary. Water temp around 90° and 3'- 3 ½' deep.

Warm Water Aerobics – For the Health Seeker looking for an alternative to the cooler pool while needing a little more intense exercise than stretching. Warm Water Aerobics is the perfect “middle of the road” exercise program for our water aerobic classes. Water temp around 90° and 3'- 3 ½' deep.