

Water Exercise Class Schedule

Updated:
4/5/10

LP - Large Pool SP-Small Pool

All Classes 45 to 60 minutes in length unless otherwise noted

Monday

8:00 am
Rusty Hinges (SP)
Katy Pfalzgraf

8:30 am
Aqua_Aerobics (LP)
Tracy Tallent

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

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

6:30 pm
Aqua_Aerobics (LP)
Michelle Moody

Tuesday

8:30 am
Deep Water (LP)
Linda Barbaro

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

6:30 pm
Aqua Aerobics (LP)
Michelle Moody

Wednesday

8:00 am
Rusty Hinges (SP)
Katy Pfalzgraf

8:30 am
Aqua Aerobics (LP)
Tracy Tallent

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

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

6:30 pm
Aqua Aerobics (LP)
Michelle Moody

Thursday

8:30 am
Deep Water (LP)
Linda Barbaro

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

6:30 pm
Aqua Aerobics (LP)
Michelle Moody

Friday

8:00 am
Rusty Hinges (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

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.

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.

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.

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.

Rusty Hinges – This recreational series of gentle exercises are done in the warm water pool and is open to anyone with arthritis. The program is designed to help relieve pain and stiffness caused by arthritis while providing a fun, social atmosphere. Instructors who are instructed in program design, through the Arthritis Foundation Aquatic Program, lead program participants. Swimming skills are not necessary. Water temp around 90° and 3’- 3 ½’ deep.