

# AQUATIC GROUP EXERCISE

CONQUER DECOMPRESS WIN  
BREATHE COMMIT SHARE RELAX  
LEAP RUN SWIM MASTER RAY  
UNWIND TWIST PREVAIL LEARN  
STRETCH THROW LIFT EXCEL  
RECHARGE OUTDO ACHIEVE JUMP

2018  
August 20 to December 31

## MONDAY

TIME	CLASS	LOCATION
9-10 a.m.	Aqua Taiji	TP
9:15-10:15 a.m.	Wave Circuit	LP
10:30-11:30 a.m.	Arthritis Plus**	TP
1:30-2:30 p.m.	AiPiYo	TP
5:30-6:30 pm	H2O Combo	LP
7:30-8:30 pm	Masters Swim**	LP

## TUESDAY

TIME	CLASS	LOCATION
9:30-10:30 a.m.	Aqua Boot Camp**	LP
10:30-11:30 a.m.	Ageless Aqua	TP
11:30-12:30 p.m.	Arthritis Plus**	TP
6-7 p.m.	H2O Combo	LP
7-8 p.m.	Arthritis Plus**	TP

## WEDNESDAY

TIME	CLASS	LOCATION
9-10 a.m.	Good Moves for Everybody	TP
10-11 a.m.	Arthritis Plus**	TP
5:30-6:15 p.m.	Aqua Rhythm	LP
7:30-8:30 p.m.	Masters Swim**	LP

## THURSDAY

TIME	CLASS	LOCATION
9:30-10:30 a.m.	Aqua Boot Camp**	LP
10:30-11:30 a.m.	Ageless Aqua	TP
11:30-12:30 p.m.	Arthritis Plus**	TP
6-7 p.m.	Ageless Aqua	TP
7-8 p.m.	Arthritis Plus**	TP

## FRIDAY

TIME	CLASS	LOCATION
9-10 a.m.	Good Moves for Everybody	TP
9:15-10 a.m.	Aqua Rhythm	LP
10-10:45 a.m.	Arthritis Plus**	TP
10:45-11:30 a.m.	Aqua Taiji	TP
5-6 p.m.	Wave Circuit	LP

## SATURDAY

TIME	CLASS	LOCATION
7:30-8:30 a.m.	Masters Swim**	LP
9-10 a.m.	H2O Combo	LP

## SUNDAY

TIME	CLASS	LOCATION
9-10 a.m.	Wet Walkers**	LP

## LOCATIONS

LP — Lap Pool TP — Therapy Pool

\*\*Non-Member Registration required. Session dates apply.

## CLASS DESCRIPTIONS

**Ageless Aqua** This class is ideal for any age with focus on light cardio conditioning, basic strengthening and flexibility.

**AiPiYo** Gentle and effective mind body class with movements based on Ai Chi, Pilates, and Yoga methods. This class is great for all levels beginner to advance.

**Arthritis Plus\*\*** An all age aquatic program is designed for persons with varying degrees of arthritis. Range of motion and endurance exercises will strengthen all the muscles and joints.

**Aqua Taiji** Aqua Taiji adapts classic Taiji motions consisting of gentle, fluid, graceful, circular movements performed in a slow, continuous manner. Takes place in a therapeutic pool and is particularly

appropriate for anyone with balance, hip, knee or ankle problems.

**Aqua Rhythm** A high energy aqua workout, targeting all the major muscles using the water's resistance to challenge all levels. This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells.

**Good Moves for Every Body** The perfect class for anyone looking to feel better and more energetic especially individuals with Fibromyalgia and post rehab. Class emphasizes on stretching, body awareness, core stabilization, general conditioning and having a great time while exercising.

**H2O Combo** Challenge the heart, sculpt the body and burn calories all in one class!

**Masters Swim\*\*** Build endurance and

refine stroke mechanics. Learn new ways to train in water. Opportunities for competition.

**Wave Circuit** This water class combines cardio intervals with aquatic resistance training.

**Wet Walkers\*\*** Water walking class utilizes the resistance of the water to create a multi-level impact, effective cardio workout.

**Aqua Boot Camp\*\*** If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts.

**AQUATIC SPECIALTY CLASS Information** Sign up at the Registration Desk or call 630-978-6280 to register for classes.

\*\*Non-Member Registration required. Session dates apply.

Due to class size and/or type of Group Exercise Class the lap lanes in the lap pool may be moved or adjusted. As a result the instructor might have to ask you to move to another lane. We apologize for any inconvenience this may cause.