



Questions? Contact Sally Brindle at indianapolishealthplex.com 317-920-7400

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-5:45 Open Swim	5:15-6:45 Open Swim	5:15-5:45 Open Swim	5:15-6:45 Open Swim	5:15-7:45 Open Swim	7:00-8:45 Open Swim
6:00-6:45 High Intensity Vera	7:00-7:45 Aqua Yo-Pi Valerie	6:00-6:45 High Intensity Vera	7:00-7:45 Aqua Ai Chi Valerie	8:00-8:45 1/2 open 1/2 PT	9:00-9:45 Hydromania Angela
7:00-9:00 Open Swim	8:00-8:45 1/2 Open Swim 1/2 PT	7:00-8:45 Open Swim	8:00-8:45 Open Swim		10:00-12:00 1/2 open 1/2 lessons
9:00-9:45 Hydromania Dianne	9:00-9:45 Hydromania Valerie	9:00-9:45 Hydromania Dianne	9:00-9:45 Hydromania Valerie		12:15-8:00 Open Swim
10:00-11:30 Open Swim	10:00-10:45 Aqua Ai Chi Valerie	10:00-11:15 Open Swim	10:00-10:45 Aqua Yo-Pi Valerie	10:00-10:45 Arthritis Robin	SUNDAY
11:30-12:15 Arthritis Robin	11:00-11:15 Open Swim	11:30-12:15 Arthritis Larry	11:00-11:15 Open Swim	11:00-11:45 Aquacize Sally	8:00-8:45 Yoga/Pam
	12:30-12:45 Open Swim		12:00-12:45 Open Swim	9:00-9:20 Open	
1:00-1:45 1/2 Open Swim 1/2 PT	2:00-2:45 Arthritis Larry	1:00-1:45 1/2 Open Swim 1/2 PT	2:00-2:45 Arthritis Larry	1:00-1:45 Splashing to the Oldies Shelley	9:30-10:15 Dance/Ann
2:00-5:45 Open Swim		2:00-3:45 Open Swim		2:00-3:45 Open Swim	10:30-12:45 Open
4:00-5:45 1/2 Open Swim 1/2 Lessons		3:00-3:45 Open Swim		4:00-5:45 1/2 Open Swim 1/2 Lessons	3:00-3:45 Open Swim
6:00-6:45 High Intensity Vera	4:00-4:45 Aquacize Robin	6:00-6:45 Aqua Tabata Lynn	4:00-4:45 Aquacize Sally	2:00-3:45 Open Swim	2:00-4:00 1/2 Open Swim 1/2 Lessons
7:00-7:45 Yoga/Pamela	5:00-6:45 Open Swim		5:00-5:45 1/2 Open Swim 1/2 PT		5:00-5:45 Open Swim
8:00-9:00	7:00-7:45 Splash n Dash pm Deborah	7:00-9:00 Open Swim	6:00-6:45 Open Swim		6:00-6:45 High Intensity Vera
	8:00-9:00		7:00-7:45 Splash n Dash pm Deborah	7:00-9:00 Open Swim	CLASS ONLY!!!
			8:00-9:00		1/2 POOL OTHER 1/2 POOL OPEN

AQUATIC FITNESS CLASSES

Participants in all classes are encouraged to work at their own speed and level of ability

AQUA ARTHRITIS – A low intensity class that focuses on stretching, range of motion and endurance. This class is great for anyone with any joint or muscle pains as well as joint replacements or surgery.

AQUA AI-CHI - A water movement and relaxation program that focuses on the integration of mind, body, and spirit through deep diaphragmatic breathing and a progression of flowing movements.

AQUACIZE – A medium to high intensity class that focuses on cardio, strengthening, flexibility and balance.

SPLASH - N- DASH- This dynamic low impact class includes active stretching, strengthening through the use of water resistance, and high intensity aerobic movements.

AQUA YO-PI –This class works on core strength and muscular fitness. It is a combination of Yoga and Pilates and is a great combination!

AQUA TABATA-Tabata training is a high intensity interval training

AQUA HIGH INTENSITY STRENGTH TRAINING – This class uses bands and barbells as well as other equipment to ramp up your aerobic activity and muscle strength. Be ready to work!!!!

BOGAYOGA - Yoga while balancing on a BOGAFit Mat in the Lap pool. Must be unafraid to fall into the water.

BOGAFIT - Isotonic exercises, flexibility and strength exercises while balancing on a BOGAFit Mat in the Lap pool. Must be unafraid to fall into the water.

NEW!!!!!! NEW!!!!!! NEW!!!!!!

SPLASHING TO THE OLDIES-Aqua Zumba Gold inspired work out in the pool. Fast paced fun work out!

AQUA DANCE - Zumba inspired in the pool. It is a great aerobic workout!

AQUA YOGA - Yoga adapted to the swimming pool. Relaxing and energizing!