



Therapy Pool Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45 am Yoga Pam	6:00-6:45 am High Intensity Vera	7:00-7:45 am Aqua Yo-Pi Valerie	6:00-6:45 am High Intensity Vera	7:00-7:45 am Aqua Ai Chi Valerie	8:00-8:45 am 1/2 Open Swim 1/2 Lessons	9:00-9:45 am Hydromania Valerie
9:00-9:45 am Dance Ann	9:00-9:45 am Hydromania Dianne	8:00-8:45 am 1/2 Open Swim 1/2 Lessons	9:00-9:45 am Hydromania Dianne	9:00-9:45 am Hydromania Valerie	10:00-10:45 am Arthritis Robin	10:00-12:00 pm 1/2 Open Swim 1/2 PT
1-1:45 am Arthritis Robin	11:30-12:15 pm Arthritis Robin	9:00-9:45 am Hydromania Valerie	11:30-12:15 pm Arthritis Robin	10:00-10:45 am Aqua Yo-Pi Valerie	11:00-11:45 am Aquacize Sally	
2:00-4:00 pm 1/2 Open Swim 1/2 Lessons	1:00-1:45 pm 1/2 Open Swim 1/2 Lessons	10:00-10:45 am Aqua Ai Chi Valerie	1:00-1:45 pm 1/2 Open Swim 1/2 Lessons	11:30-12:15 pm Splash n Dash am Deborah	1:00-1:45 pm Splashing to the Oldies Shelley	
	4:00-5:45 pm 1/2 Open Swim 1/2 Lessons	11:30-12:15 pm Splash n Dash am Deborah	4:00-5:45 pm 1/2 Open Swim 1/2 Lessons	2:00-2:45 pm Arthritis Larry	4:00-4:45 am Aquacize Sally	
	6:00-6:45 pm High Intensity Vera	2:00-2:45 pm Arthritis Larry	6:00-6:45 pm Aqua Tabata Lynn	4:00-4:45 pm Aquacize Robin	6:00-6:45 pm High Intensity Vera	
	7:00-7:45 pm Yoga Pamela	4:00-4:45 pm Aquacize Robin		5:00-5:45 pm 1/2 Open Swim 1/2 PT		
		7:00-7:45 pm Splash n Dash pm Deborah		7:00-7:45 pm Splash n Dash pm Deborah		

Strength
Cardio
Arthritis
Yoga
Balance
1/2 & 1/2

All times not listed on
schedule are Open Swim

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!