

# JANUARY 2017

# POOL

## GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15 AM <b>AQUA FIT</b> -Ann K		8:30-9:15 AM <b>AQUA FIT</b> -Sussy		8:30-9:15 AM <b>AQUA FIT</b> -Sussy	
9:30-10:15 AM <b>WATER AEROBICS</b> -Sam		9:30-10:15 AM <b>WATER AEROBICS</b> -Lisa D.		9:30-10:15 AM <b>WATER AEROBICS</b> -Ann	
10:30-11:15 AM <b>H<sub>2</sub>O IN DEPTH</b> - Sussy		10:30-11:15 AM <b>H<sub>2</sub>O IN DEPTH</b> - Sussy		10:30-11:15 AM <b>H<sub>2</sub>O IN DEPTH</b> - Lynn	
11:30 AM-12:15 PM <b>FLUID MOTION</b> <b>LEVEL I</b> -Elaine	11:30 AM-12:15 PM <b>FLUID MOTION</b> <b>LEVEL II</b> -Lynn	11:30 AM-12:15 PM <b>FLUID MOTION</b> <b>LEVEL I</b> -Elaine	11:30 AM-12:15 PM <b>FLUID MOTION</b> <b>LEVEL I</b> -Elaine	11:30 AM-12:15 PM <b>FLUID MOTION</b> <b>LEVEL II</b> -Lynn	

5:30-6:30PM  
**Aqua Aerobics**  
-Lisa C.

5:30-6:30PM  
**WATER BOXING**  
-Lisa C.

CLASS FITNESS LEVELS:

LOW IMPACT/ BEGINNER

ALL FITNESS LEVELS

INTERMEDIATE/ ADVANCED



# CLASS DESCRIPTIONS BY FITNESS LEVEL

## LOW IMPACT/ BEGINNER FITNESS:

**Fluid Motion level I:** A water class for special populations such as those with arthritis, fibromyalgia, and other conditions. Lots of stretching...

**Fluid Motion level II:** A water class for special populations such as those with arthritis, fibromyalgia, and other conditions. More intensity than level I.

## ALL FITNESS LEVELS:

**Aqua Aerobics:** Use water's natural resistance to improve cardiovascular fitness & muscle tone.

**Aqua Fit:** A muscle conditioning water class alternated with low to moderate aerobic training. Feel the music, sing along and have fun! 45 minutes of great energy!

**H<sub>2</sub>O In Depth:** Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. You will get your workout!!! Intense and fun...

**Water boxing:** Utilize water resistance to condition and tone the upper and lower body both simultaneously and in isolation with punches, kicks and jogging drills. Develop cardiovascular endurance while having fun! Modifications make this a perfect class for any fitness level.

HAYWOOD REGIONAL HEALTH & FITNESS CENTER		WEEKLY THERAPY POOL SCHEDULE				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	
Open for use: 6:00am-12:30pm	O  P  E  N	Open for use: 6:00am-12:30pm	O  P  E  N	Open for use: 6:00 am-12:30 pm	Open for use: 8:00am-4:00pm	
Closed for therapy: 12:30-5:00pm		Closed for therapy: 12:30-5:00pm		Closed for therapy: 12:30-5:00pm	Sundays	
Open for use: 5:00pm-8:30pm		Open for use: 5:00pm-8:30pm		Open for use: 5:00pm-7:00pm	Open for use: 1:00pm-5:30pm	