

MARCH 2018

POOL

GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15 AM AQUA FIT -Sussy	OPEN SWIM 6:00-11:15AM	8:30-9:15 AM AQUA FIT -Sussy	OPEN SWIM 6:00-11:15AM	8:30-9:15 AM AQUA FIT -Ann	
9:30-10:15 AM WATER AEROBICS -Sam		9:30-10:15 AM WATER AEROBICS -Lisa D.		9:30-10:15 AM WATER AEROBICS -Ann	
10:30-11:15 AM H₂O IN DEPTH - Sussy		10:30-11:15 AM H₂O IN DEPTH - Sussy		10:30-11:15 AM H₂O IN DEPTH - Lynn	
11:30 AM-12:15 PM FLUID MOTION LEVEL I -Elaine	11:30 AM-12:15 PM FLUID MOTION LEVEL II -Lynn	11:30 AM-12:15 PM FLUID MOTION LEVEL I -Elaine	11:30 AM-12:15 PM FLUID MOTION LEVEL I -Elaine	11:30 AM-12:15 PM FLUID MOTION LEVEL II -Lynn	
OPEN SWIM 12:15-8:30PM	OPEN SWIM 12:15-5:15PM	OPEN SWIM 12:15-8:30PM	OPEN SWIM 12:15-5:15PM	OPEN SWIM 12:15-7:00PM	
	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 OPEN SWIM	
	OPEN SWIM 6:30-8:30PM		OPEN SWIM 6:30-8:30PM		



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!

H₂O 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	
CLOSE FOR THERAPY 12:30-5:00pm		CLOSE FOR THERAPY 12:30-5:00pm		CLOSE FOR THERAPY 12:30-5:00pm		
Open for use: 5:00pm-8:30pm		Open for use: 5:00pm-8:30pm		Open for use: 5:00pm-7:00pm	Sundays Open for use: 1:00pm-5:30pm	