



April 2017 Family Pool Water Fitness Instructor Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Warm Water Aerobics (WWA) Basic Arthritis Foundation Aquatic Program (Basic) Hydro-Pilates (HP)	Warm Water Aerobics (WWA) Plus Arthritis Foundation Aquatic Program (Plus)	Warm Water Aerobics (WWA) Basic Arthritis Foundation Aquatic Program (Basic) Hydro-Pilates (HP)	Warm Water Aerobics (WWA) Plus Arthritis Foundation Aquatic Program (Plus)	Warm Water Aerobics (WWA) Basic Arthritis Foundation Aquatic Program (Basic)	Plus Arthritis Foundation Aquatic Program (Plus)
	Updated March 31, 2017					1
2	3 9:00 AM WWA - Susan 10:00AM Basic- Gail 11:00 AM HP- Susan	4 9:00 AM HP - 6:00 PM WWA - Erin	5 9:00 AM WWA - Candy 10:00AM Basic- Gail 11:00 AM HP- Corinne	6 9:00 AM WWA— Deidre 6:00 PM WWA - Susan	7 9:00 AM WWA - Candy 10:00AM Basic- Janet 11:00 AM Basic - Corinne	8
9	10 9:00 AM WWA - Susan 10:00AM Basic- Gail 11:00 AM HP- Susan	11 9:00 AM HP - Corinne 6:00 PM WWA - Erin	12 9:00 AM WWA - Candy 10:00AM Basic- Gail 11:00 AM HP- Corinne	13 9:00 AM WWA - Deidre 6:00 PM WWA - Susan	14 9:00 AM WWA - Candy 10:00AM Basic- Candy 11:00 AM Basic - Corinne	15
16	17 9:00 AM WWA - Susan 10:00AM Basic- Gail 11:00 AM HP- Susan	18 9:00 AM HP - Corinne 6:00 PM WWA - Erin	19 9:00 AM WWA - Candy 10:00AM Basic- Gail 11:00 AM HP- Corinne	20 9:00 AM WWA - Deidre 6:00 PM WWA - Susan	21 9:00 AM WWA - Candy 10:00AM Basic- Candy 11:00 AM Basic - Corinne	22
23	24 9:00 AM WWA - Susan 10:00AM Basic- Gail 11:00 AM HP- Susan	25 9:00 AM HP - Corinne 6:00 PM WWA - Erin	26 9:00 AM WWA - Candy 10:00AM Basic- Gail 11:00 AM HP- Corinne	27 9:00 AM WWA - Deidre 6:00 PM WWA - Susan	28 9:00 AM WWA - Candy 10:00AM Basic- Janet 11:00 AM Basic - Corinne	29

Class Descriptions:

Aqua Zumba~ (moderate to high intensity)

This class is an upbeat aerobic workout that uses Zumba moves adapted to the water for added resistance.

Arthritis Class~ (low intensity)

A recreational exercise program designed to accommodate the abilities of individuals with arthritis and other related diseases. Taught in a group setting with activities and exercises to encourage self care, provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain and relieve symptoms of arthritis.

Deep Water~ (high intensity)

A great cardio and strengthening class with no impact or strain on your muscles! Participants are highly encouraged to use flotation devices to help focus on core strength and stability. Participants should be comfortable in deep water.

Hydro-Pilates (HP)- (moderate intensity) Hydro-Pilates is based on a series of movements developed by Joseph Pilates that emphasizes strengthening and lengthening from the body's core "powerhouse". Learn precise breathing, muscle control and mind/body awareness to stabilize the torso, improve posture, reduce stress, strengthen muscles and increase flexibility. Note: part of the class includes using a water noodle for flotation.

Shallow Water~ (moderate intensity)

Designed to burn fat, strengthen muscles and build endurance. This class includes an intense cardiovascular component followed by a strength-training segment possibly utilizing a variety of equipment.

Warm Water~ (low intensity)

Get your heart pumping in this feel-good, effective low-impact water aerobic class. Warm water helps increase range of motion, reduces chill and promotes ease of movement. The water's buoyancy assists in maintaining cardiovascular endurance without excessive strain on the joints. The water's natural resistance strengthens muscles and improves balance and posture. Good place to start and maintain cardiovascular activity in a supportive environment.



April 2017 Lap Pool Water Fitness Instructor Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon Shallow Water Aerobics	Tues Deep Water Aerobics & Aqua Zumba (AZ)	Wed Shallow Water Aerobics	Thurs Deep Water Aerobics & Aqua Zumba (AZ)	Fri Shallow Water Aerobics	Sat Shallow Water Aerobics
	Updated March 31, 2017					1 9:00 AM Shallow- Jonny
2	3 8:00 AM Shallow - Susan	4 8:00 AM AZ - Janni 9:00 AM Deep - Candy	5 8:00 AM Shallow - Jonny	6 8:00 AM AZ - Corinne 9:00 AM Deep - Janni	7 8:00 AM Shallow - Debbie	8 9:00 AM Shallow - Susan
9	10 8:00 AM Shallow - Susan	11 8:00 AM AZ - Janni 9:00 AM Deep - Candy	12 8:00 AM Shallow - Jonny	13 8:00 AM AZ- Corinne 9:00 AM Deep - Janni	14 8:00 AM Shallow - Debbie	15 9:00 AM Shallow - Susan
16	17 8:00 AM Shallow - Susan	18 8:00 AM AZ - Janni 9:00 AM Deep - Candy	19 8:00 AM Shallow - Jonny	20 8:00 AM AZ- Corinne 9:00 AM Deep - Janni	21 8:00 AM Shallow - Jonny	22 9:00 AM Shallow - Jonny
23	24 8:00 AM Shallow - Susan	25 8:00 AM AZ - Janni 9:00 AM Deep - Candy	26 8:00 AM Shallow - Jonny	27 8:00 AM AZ- Corinne 9:00 AM Deep - Janni	28 8:00 AM Shallow -Susan	29 9:00 AM Shallow - Candy

Class Descriptions:

Aqua Zumba~ (moderate to high intensity)

This class is an upbeat aerobic workout that uses Zumba moves adapted to the water for added resistance.

Arthritis Class~ (low intensity)

A recreational exercise program designed to accommodate the abilities of individuals with arthritis and other related diseases. Taught in a group setting with activities and exercises to encourage self care, provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain and relieve symptoms of arthritis.

Deep Water~ (high intensity)

A great cardio and strengthening class with no impact or strain on your muscles! Participants are highly encouraged to use flotation devices to help focus on core strength and stability. Participants should be comfortable in deep water.

Hydro-Pilates (HP)- (moderate intensity) Hydro-Pilates is based on a series of movements developed by Joseph Pilates that emphasizes strengthening and lengthening from the body's core "powerhouse". Learn precise breathing, muscle control and mind/body awareness to stabilize the torso, improve posture, reduce stress, strengthen muscles and increase flexibility. Note: part of the class includes using a water noodle for flotation.

Shallow Water~ (moderate intensity)

Designed to burn fat, strengthen muscles and build endurance. This class includes an intense cardiovascular component followed by a strength-training segment possibly utilizing a variety of equipment.

Warm Water~ (low intensity)

Get your heart pumping in this feel-good, effective low-impact water aerobic class. Warm water helps increase range of motion, reduces chill and promotes ease of movement. The water's buoyancy assists in maintaining cardiovascular endurance without excessive strain on the joints. The water's natural resistance strengthens muscles and improves balance and posture. Good place to start and maintain cardiovascular activity in a supportive environment.