

# Aqua Group Exercise

Facility Hours: Weekdays 5:30 am to 8 pm | Weekends 8 am to 5 pm

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|--|--|--|--|--|
|   | <p>6-6:45 am<br/><b>Aqua Motion</b><br/>Warm Water Pool<br/>Linda<br/><i>Limit of 25 participants</i></p>         |  |  |  |  |  |
| <p>8:30-9:15 am<br/><b>Aqua Variety</b><br/>Warm Water Pool<br/>Nancy<br/><i>Limit of 25 participants</i></p> | <p>8-8:45 am<br/><b>Aqua Variety</b><br/>Warm Water Pool<br/>Linda<br/><i>Limit of 25 participants</i></p>        |  | <p>8-8:45 am<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Terry<br/><i>Limit of 25 participants</i></p>       | <p>8:30-9:15 am<br/><b>Aqua Variety</b><br/>Warm Water Pool<br/>Nancy<br/><i>Limit of 25 participants</i></p>  |  |  |
| <p>9:30-10:15 am<br/><b>Aqua Motion</b><br/>Warm Water Pool<br/>Nancy<br/><i>Limit of 25 participants</i></p> | <p>9-9:45 am<br/><b>Aqua Motion</b><br/>Warm Water Pool<br/>Linda<br/><i>Limit of 25 participants</i></p>         | <p>9-9:45 am<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Debbie<br/><i>Limit of 25 participants</i></p>          | <p>9-9:45 am<br/><b>Aqua Variety</b><br/>Warm Water Pool<br/>Terry<br/><i>Limit of 25 participants</i></p>     | <p>9:30-10:15 am<br/><b>Aqua Motion</b><br/>Warm Water Pool<br/>Nancy<br/><i>Limit of 25 participants</i></p>  |  |  |
|   | <p>10:30-11:15 am<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Julia<br/><i>Limit of 25 participants</i></p>     | <p>10-10:45 am<br/><b>Aqua Free To Move</b><br/>Warm Water Pool<br/>Debbie<br/><i>Limit of 25 participants</i></p> | <p>10:30-11:15 am<br/><b>Aqua Motion</b><br/>Warm Water Pool<br/>Julia<br/><i>Limit of 25 participants</i></p> |  | <p>10-10:45 am<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Debbie<br/><i>Limit of 25 participants</i></p>        | <p>10:15-11 am<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Linda<br/><i>Limit of 25 participants</i></p> |
|   |   |  | <p>12:00-12:45 pm<br/><b>Aqua Motion</b><br/>Warm Water Pool<br/>Linda<br/><i>Limit of 25 participants</i></p> |  | <p>11-11:45 am<br/><b>Aqua Free To Move</b><br/>Warm Water Pool<br/>Debbie<br/><i>Limit of 25 participants</i></p> |  |
|   | <p>5:30-6:15 pm<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Mimi<br/><i>Limit of 25 participants</i></p>        |  | <p>5:30-6:15 pm<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Glenda<br/><i>Limit of 25 participants</i></p>   | <p>5:30-6:15 pm<br/><b>Aqua Variety</b><br/>Warm Water Pool<br/>Glenda<br/><i>Limit of 25 participants</i></p> | <p>5:30-6:15 pm<br/><b>Aqua Motion</b><br/>Warm Water Pool<br/>Glenda<br/><i>Limit of 25 participants</i></p>      |  |
|   | <p>6:30-7:15 pm<br/><b>Aqua Free To Move</b><br/>Warm Water Pool<br/>Mimi<br/><i>Limit of 25 participants</i></p> |  | <p>6:30-7:15 pm<br/><b>Aqua Variety</b><br/>Warm Water Pool<br/>Glenda<br/><i>Limit of 25 participants</i></p> |  | <p>6:30-7:15 pm<br/><b>Aqua Blast</b><br/>Warm Water Pool<br/>Glenda<br/><i>Limit of 25 participants</i></p>       | <p><b>Don't forget your wrist band at the front desk to claim your spot in class!</b></p>                  |

**NOTICE  
TO ALL  
MEMBERS**

This class schedule is our current offering of Aqua group exercise classes. With a high demand for aqua classes, we cannot guarantee everyone will be able to attend due to the participant limit of 25 individuals in the water at one time.



Gottlieb  
Center for  
Fitness

# Aqua Group Exercise

## Disclaimer

- A minimum of three participants is required for the start of a class.
- All participants must pick up their wristbands at the front desk to claim their spots in class. Participants who do not have a wrist band will be asked to leave due to the limit of 25 participants in the water at one time.
- It is recommended that participants arrive 5-10 minutes prior to class in order to set up and select the necessary equipment needed for class.
- Exercise equipment is on a first come, first serve basis (ie. dumbbells, resistance bands, etc.)
- Anyone arriving late to class (after five minutes) after the class has started will not be allowed to participate. This is in respect to reduce distractions to the instructor and participants.
- With respect to the instructor and participants, there will be no observations of the water classes. We ask other members to please refrain from only observing the classes as they are being held.
- Transition time between classes - the time between classes is the only time members can enter for the next class. There will be no early entry to the pool room prior to the end of the first class.
- Once class has started, please refrain from chatting with other participants. This is in respect to limiting distractions to other participants as well as the instructor. Participants are expected to inform the instructor of any injuries or limitations they may have prior to class.
- **Before, during, or after class, if any participant begins to feel light headed, dizzy, nauseous or ill, please notify staff immediately!**

## Group Exercise Class Descriptions

**Aqua Blast:** Make the water's resistance work for you during this high-energy cardiovascular workout. This class concludes with muscular strength training and full-body stretches.

**Aqua Free to Move:** Use the support and resistance of water to relieve chronic pain, fatigue, stiffness and stress. Perform gentle movement patterns to increase range of motion and promote a feeling of total body wellness. This is a great class for anyone who has arthritis, fibromyalgia, multiple sclerosis or if you just prefer a slower pace class. There is no cardiovascular component in this class.

**Aqua Motion:** This class is a slower paced version of Free to Move and Blast classes combined! Aqua Motion includes resistance and movement exercises to help improve joint flexibility, range of motion and overall strength. Participate in this class for a fun cardio exercise to help get you moving and increase your heart rate!

**Aqua Variety:** This class utilizes a combination of balance, abdominal work, resistance and cardio exercises, muscle toning, and stretching. Participants will gain the full benefit of a fun, well-rounded training routine that will help increase the heartrate, increase strength and balance!

