

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM	Hydro-Power Exercise Pool Tammy	Hydro-Power Exercise Pool Marlene			Hydro-Power Exercise Pool Tammy	
8:30AM			Hydro-Power Exercise Pool Amy	Hydro-Combo Exercise Pool Maria		
9-10:00 AM	*Physical Therapy	*Physical Therapy	*Physical Therapy	*Physical Therapy	*Physical Therapy	
9:30-10:15	Deep End closed for therapy	Deep End closed for therapy	Deep End closed for therapy	Deep End closed for therapy	Deep End closed for therapy	
9:30 AM		Tabata Exercise Pool Amy	Hydro-Combo Exercise Pool Marlene			Aqua Zumba Exercise Pool Erica
10:15 AM			Aqua Yoga Therapy Pool Karen			
10:30 AM		Joyful Joints Therapy Pool Amy		Joyful Joints Therapy Pool Marie	Hydro-Power Exercise Pool Marie	
10:40 AM				Tabata Exercise Pool Amy		
11:30AM	Easy Moves Therapy Pool Marie	Easy Moves Therapy Pool Marie	Easy Moves Therapy Pool Amy	Easy Moves Therapy Pool Marie	Easy Moves Therapy Pool Marie	
1:30 PM	Mix it Up Exercise Pool Amy		Hydro PI-YO Therapy Pool Amy			
2-3:00 PM	*Physical Therapy	*Physical Therapy		*Physical Therapy		
3-3:30 PM	Deep End Closed for Therapy	Deep End Closed for Therapy		Deep End Closed for Therapy		
5-6:00 PM	*Physical Therapy	*Physical Therapy		*Physical Therapy		
5:00 PM			Hydro Power Exercise Pool Jeanine			
5:30 PM	Easy Moves Therapy Pool Marie Hydro Power Exercise Pool Laura	Tabata Exercise Pool Amy	Easy Moves Therapy Pool Marie	Hydro-Power Exercise Pool Marie	Easy Moves Therapy Pool Marie	

Class Descriptions:

Aqua Zumba: Come join the dance party in the pool. No need to worry if you can't dance no one will be watching you.

Aqua Yoga: (all levels) Basic yoga poses are adapted for the therapy pool. The main focus is on dynamic strengthening, stretching, balance, and relaxation. Body awareness and mental focus are enhanced through the union of mind, body and breath.

Easy Moves: (all levels) This warm water class is designed for individuals with mobility challenges such as arthritis, surgery, or joint injuries. It consists of exercises emphasizing range of motion, balance and mild strengthening.

Hydro -Power and -Combo: (Intermediate to Advanced) – Mid to high intensity aerobics is the main focus in these classes. They are designed to help reduce body fat, strengthen muscles and increase muscle tone, and give you an overall exhilarating exercise experience. You can slowly work you up to an increase in balance, range of motion and muscle conditioning. 45 minutes for the Combo class and 60 Minutes for the Power Class.

H2O PI-YO: This warm water workout really helps to strengthen your core and helps your balance and range of motion.

Joyful Joints: This class really helps those with arthritis and mobility issues. You will also be working on improving your balance.

Master Swim: These swim practices are designed to help adults get into shape with three types of workouts...Sprint, distance, and stroke. You must be able to swim 50 yards without stopping and able to swim an hour with varying intensities. You will also be asked to circle swim with two or more people in the lane.

Mix it Up: This class will give you a combination of water aerobics and volleyball using a variety of pool equipment. Be prepared for a fun, energetic workout. Aqua shoes are advised.

Tabata: This class is designed to give you a HIIT (high intensity interval training) workout. You will be asked to give your all for 20 seconds then you will get to recover for 10 seconds. You will repeat the exercises for 8 rounds with 8 different exercises.

Swim Lessons

Private Sessions: All swim lessons are one-on-one training sessions catered to your specific ability, needs and goals.

<u>Private Session Rates:</u>	<u>Members</u>	<u>Non-Members</u>
½ Hour Session	\$15	\$20
1 Hour Session	\$30	\$35
Ten – 30 Minute Sessions	\$130	\$170
Ten – 1 Hour Sessions	\$250	\$300

Semi-Private Sessions: Sessions that can accommodate 2 people of similar skill.

<u>Semi-Private Rates:</u>	<u>Members</u>	<u>Non-Members</u>
½ Hour Session	\$20	\$30
1 hour Session	\$40	\$60
Ten – 30 Minute Sessions	\$175	\$255
Ten – 1 Hour Sessions	\$350	\$540

Prices reflect total amount for a Two-person session. Participants are responsible for finding a partner for the semi-private grouping.

If you are interested in registering for swim lessons or would like to find out more information on our swim programs & services, please stop by the Member Services Desk or call (814) 868-2271.

*Non-Members signing up for multi-session services are required to complete a health history questionnaire and obtain a Physicians Clearance Form if necessary prior to participation.