



## MONDAY

- 8:15-9 AM **Aqua Power** (Susan) CP
- 8:30-9:15 AM **Aqua Arthritis** (Beth) TP
- 9-9:45 AM **Deep Water** (Esther) CP
- 9:30-10:15 AM **Fun & Fit** (Beth) TP
- 10:30-11:15 AM **Aqua Arthritis** (Esther) TP
- 2-2:45 PM **Aqua Arthritis** (Diane) TP
- 6-6:45 PM **Aqua Power** (Susan) TP

## WEDNESDAY

- 8:15-9 AM **Fun & Fit** (Beth) CP
- 8:30-9:15 AM **Aqua Arthritis** (Mollie) TP
- 9-9:45 AM **Deep Water** (Beth) CP
- 9:30-10:15 AM **Fun & Fit** (Denise) TP
- 10:30-11:15 AM **Aqua Arthritis** (Denise) TP
- 2-2:45 PM **Aqua Arthritis** (Diane) TP
- 6-6:45 PM **Aqua Fit** (Michelle) TP

## FRIDAY

- 8:15-9 AM **Fun & Fit** (Mary) CP
- 8:30-9:15 AM **Aqua Arthritis** (Beth) TP
- 9:15-10 AM **Aqua Zumba** (Denise) CP
- 9:30-10:15 AM **Fun & Fit** (Beth) TP
- 10:30-11:15 AM **Aqua Arthritis** (Denise) TP
- 11:15AM-12:00 PM **Ai Chi** (Denise) TP
- 2-2:45 PM **Aqua Arthritis** (Diane) TP

## TUESDAY

- 6-6:45 AM **Deep Water** (Amanda) CP
- 7:30-8:15 AM **Aqua Power** (Susan) CP
- 8:30-9:15 AM **Fun & Fit** (Susan) TP
- 9:30-10:15 AM **Aqua Power** (Susan) TP
- 10:30-11:15 AM **Ai Chi** (Susan) TP

## THURSDAY

- 6-6:45 AM **Deep Water** (Amanda) CP
- 7:30-8:15 AM **Aqua Power** (Susan) CP
- 8:30-9:15 AM **Fun & Fit** (Susan) TP
- 9:30-10:15 AM **Aqua Power** (Susan) TP
- 10:30-11:15 AM **Ai Chi** (Susan) TP

## SATURDAY

- 7:05-7:50 AM **Aqua Fit** (Diana) TP
- 8-8:45 AM **Aqua Fit** (Diana) TP

## SUNDAY

- 1-1:30 PM **Fun & Fit Jr.** (Ages 7+) CP

## LOCATIONS

- TP- **Therapy Pool** (89°-91°)
- CP- **Competition Pool** (83°)

## CLASS DESCRIPTIONS

### **AI CHI (Low Intensity)**

Similar to Tai Chi, this class combines deep breathing and slow, broad movements that promote balance.

### **AQUA ARTHRITIS (Low Intensity)**

Uses the waters resistance and a variety of equipment to provide gentle stretching and light cardio exercises.

### **FUN & FIT (Moderate Intensity)**

This class is the next step up from Aqua Arthritis. Uses the waters resistance and a variety of equipment for cardio work, strength training, and stretching.

### **AQUA FIT (Moderate to High Intensity)**

Uses the waters resistance and various equipment to improve cardio endurance and strength train. Promotes a strong core and body.

### **AQUA ZUMBA (Moderate to High Intensity)**

A high energy, full body aerobic workout combining cardio and toning exercises set to fun, upbeat music.

### **AQUA POWER (High Intensity)**

Focuses on cardio and core work. This vigorous routine includes HIIT (High intensity interval training) concepts, uses various equipment for strength training, and touches on balance exercises.

### **DEEP WATER (High Intensity)**

This class is a suspended class and can be done with or without the use of a flotation belt. It combines deep/shallow water travel, cardio, sprints, cycling, strength training and core.

### **FUN & FIT JR. (Children ages 7+)**

This 30-minute class combines exercise and games in the water to create a fun environment for kids.

## BENEFITS

Water Fitness Classes are a great alternative for or supplement to land classes because they place less impact on the joints, allow for a larger, full range of motion of the muscles, and provide for stability for those with limited balance. The warm water can also aid in pain management. The best thing for participants about water classes is that everyone works at their own pace!

For more information, contact Aquatics Manager, Mollie Wright at (309)444.8222 ex. 24 or [molliew@fivepointswashington.org](mailto:molliew@fivepointswashington.org)