

Aquatic Exercise Weekly Schedule

REV-1/20

January-April, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool	SWAP Shallow 9:15-10:05am	ROM Shallow 10:45-11:35am	SWAP Shallow 9:15-10:05am	Agua Danza 9:45-10:35am	SWAP Shallow 9:15-10:05am		
Lap Pool	Total Immersion Deep Water 10:15-11:05am	Deep Water Workout 10:45-11:35am	Total Immersion Deep Water 10:15-11:05am	Deep Water Workout 10:45-11:35am	Total Immersion Deep Water 10:15-11:05am	Deep Water Running Club 9:00-10:00am	
Activity Pool	ROM Shallow 10:30-11:20am	Agua Danza 11:45-12:35pm		ROM Shallow 10:45-11:35am			
Lap Pool		Burdenko 11:45-12:35pm		Burdenko 11:45-12:35pm			
Activity Pool							
Lap Pool		Total Immersion Deep Water 7:30-8:20pm		Total Immersion Deep Water 7:30-8:20pm			

Class Descriptions

SWAP (Shallow Water Aerobics Program)-SWAP out your traditional aerobics class for this total body water workout. A little bit of everything. Build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua dumbbells are provided.

Total Immersion/Deep Water Workout-If you are looking for both a cardio and strengthening class that is total non-impact, then this is the class for you! No swimming experience is required. A flotation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp, and general water exercise set to fun, motivating music. Aqua dumbbells, noodles and flotation belts are provided. Class is 50 minutes.

ROM (Range of Motion) Shallow Water Exercise-Individuals will use gentle movements to help increase range of motion head to toe while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or those with joint or muscle related illness.

Agua Danza (Shallow Water Dance Exercise)-This exciting water dance class set to Latin inspired music with easy to follow, calorie burning, dance moves. This high energy, low impact workout is sure to make a splash in your workout routine.

Deep Water Running Club-Excellent Cardiovascular and strength workout in lap pool. Participants use water belts to maintain no impact, perfect posture while enjoying all the benefits of running.

Burdenko Method-Harnessing the power of water to increase physical and mental fitness. This full body workout done in the lap pool will increase your range of motion and improve posture while you improve your self-awareness and mental well-being.

ROM Pricing

	Drop-in	5 Class Pass	10 Class Pass	15 Class Pass	20 Class Pass
Member	\$6	\$14	\$27	\$39	\$50
Res/Non-member	\$7	\$20	\$39	\$57	\$74
Non-Res/Non-mem	\$7	\$25	\$49	\$72	\$94

SWAP/Agua Danza/Total Immersion/Water Running and Burdenko Pricing

	Drop-in	5 Class Pass	10 Class Pass	15 Class Pass	20 Class Pass	30 Class Pass
Member	\$10	\$25	\$48	\$69	\$88	\$126
Res/Non-mem	\$12	\$35	\$68	\$99	\$128	\$186
Non-Res/Non-member	\$12	\$41	\$80	\$117	\$152	\$222