

# Aquatic Exercise Weekly Schedule

REV-12/18

January-April, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Activity Pool</b>	<b>SWAP Shallow</b> 9:15-10:05am	<b>ROM Shallow</b> 10:45-11:35am	<b>SWAP Shallow</b> 9:15-10:05am	<b>Water Zumba</b> 9:45-10:35am	<b>SWAP Shallow</b> 9:15-10:05am			
<b>Lap Pool</b>	<b>Total Immersion Deep Water</b> 10:15-11:05am	<b>Deep Water Workout</b> 10:45-11:35am	<b>Total Immersion Deep Water</b> 10:15-11:05am	<b>Deep Water Workout</b> 10:45-11:35am	<b>Total Immersion Deep Water</b> 10:15-11:05am			
<b>Activity Pool</b>		<b>ROM Shallow</b> 10:30-11:20am		<b>Water Zumba</b> 11:45-12:35pm		<b>ROM Shallow</b> 10:45-11:35am		
<b>Lap Pool</b>		<b>Total Immersion Deep Water</b> 7:40-8:30pm		<b>Total Immersion Deep Water</b> 7:40-8:30pm				
<b>Activity Pool</b>								
<b>Lap Pool</b>								

## 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.

**Water Zumba (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.

### 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 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

