



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

**Effective: Sunday, Dec 18 – June 3**

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack of attendance.
- It is not necessary to know how to swim to participate in Water Fitness classes.
- The pool is closed during classes, including swim lessons.
- Classes are free to members ages 14 and older.

# WATER FITNESS SCHEDULE

## CLARK COUNTY BRANCH

### INSTRUCTIONAL POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Intervals</b> 5:45 a.m.-6:30 a.m. Patricia	<b>Aqua Fit Plus</b> 5:45 a.m.-6:30 a.m. Lisa	<b>Aqua Intervals</b> 5:45 a.m.-6:30 a.m. Patricia	<b>Aqua Fit Plus</b> 5:45 a.m.-6:30 a.m. Lisa	<b>Aqua Intervals</b> 5:45 a.m.-6:30 a.m. Patricia		
<b>Aqua Fit</b> 7:00 a.m.-7:50 a.m. Teresa	<b>Aqua Fit</b> 7:00 a.m.-7:50 a.m. Teresa	<b>Aqua Fit</b> 7:00 a.m.-7:50 a.m. Teresa	<b>Aqua Fit</b> 7:00 a.m.-7:50 a.m. Teresa	<b>Aqua Fit</b> 7:00 a.m.-7:50 a.m. Teresa		
<b>Fit in 50</b> 8:00 a.m.-8:50 a.m. Sara/Kathy	<b>Aqua Fit Plus</b> 8:00 a.m.-8:50 a.m. Ben	<b>Fit in 50</b> 8:00 a.m.-8:50 a.m. Sara/Kathy	<b>Aqua Fit Plus</b> 8:00 a.m.-8:50 a.m. Ben	<b>Fit in 50</b> 8:00 a.m.-8:50 a.m. Sara/Kathy	<b>Aqua Fit Plus</b> 8:10 a.m.-9:00 a.m. Jenn	<b>Aqua Jog</b> 8:10 a.m.-9:10 a.m. Lauren
<b>Aqua Fit Plus</b> 10:00 a.m.-10:50 a.m. Gwen	<b>Aqua Fit Extra</b> 9:00 a.m.-9:50 a.m. Bill	<b>Aqua Fit Plus</b> 10:00 a.m.-10:50 a.m. Gwen	<b>Aqua Fit Extra</b> 9:00 a.m.-9:50 a.m. Bill	<b>Aqua Fit Plus</b> 10:00 a.m.-10:50 a.m. Gwen	<b>Aqua Fit</b> 9:05 a.m.-9:55 a.m. Lisa	
<b>Aqua Travel</b> 5:00 p.m.-5:50 p.m. Lauren	<b>Aqua Intervals</b> 6:00 p.m.-6:50 p.m. Debbie	<b>Aqua Travel</b> 5:00 p.m.-5:50 p.m. Lauren	<b>Aqua Intervals</b> 6:00 p.m.-6:50 p.m. Debbie			
<b>Aqua Intervals</b> 7:00 p.m.-7:50 p.m. Julie	<b>Aqua Kick</b> 7:00 p.m.-7:50 p.m. Jenn	<b>Aqua Intervals</b> 7:00 p.m.-7:50 p.m. Julie	<b>Aqua Kick</b> 7:00 p.m.-7:50 p.m. Jenn			

### THERAPY POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tai-Chi</b> 8:00 a.m.-8:50 a.m. JoAnn		<b>Tai-Chi</b> 8:00 a.m.-8:50 a.m. JoAnn		<b>Tai-Chi</b> 8:00 a.m.-8:50 a.m. JoAnn	<b>Low Impact</b> 8:10 a.m.-9:00 a.m. Jan	
<b>Silver Splash</b> 9:00 a.m.-9:50 a.m. JoAnn	<b>Arthritis</b> 9:00 a.m.-9:50 a.m. Gwen	<b>Silver Splash</b> 9:00 a.m.-9:50 a.m. JoAnn	<b>Arthritis</b> 9:00 a.m.-9:50 a.m. Gwen	<b>Silver Splash</b> 9:00 a.m.-9:45 a.m. JoAnn		
<b>Water Pilates</b> 11:00 a.m.-11:50 a.m. Doris		<b>Water Pilates</b> 11:00 a.m.-11:50 a.m. Doris		<b>Water Pilates</b> 11:00 a.m.-11:50 a.m. Doris		
	<b>Water Power</b> 4:00 p.m.-4:45 p.m. Julia		<b>Water Power</b> 4:00 p.m.-4:45 p.m. Julia			
<b>Low Impact</b> 5:00 p.m.-5:50 p.m. Jan		<b>Low Impact</b> 5:00 p.m.-5:50 p.m. Donna		<b>Low Impact</b> 5:00 p.m.-5:50 p.m. Jan		

# WATER FITNESS CLASS DESCRIPTIONS

## **Aqua Fit:**

Consists of cardiovascular fitness, muscle tone, endurance and flexibility without the stress of a traditional land exercise. (B/I/A)

## **Aqua Fit Extra:**

Emphasis on cardiovascular conditioning while encouraging each individual's growth. Our philosophy is that everyone can improve their fitness. The class also utilizes barbells, buoyancy equipment and resistance equipment for a rewarding aerobic workout. (I/A)

## **Aqua Fit Plus:**

More intense cardiovascular exercise class that utilizes barbells, buoyancy equipment and resistance equipment for a challenging aerobic workout. (I/A)

## **Aqua Intervals:**

A intermediate/high level aqua class with a 5 minute warm-up and cool down then 35 minutes of intense cardio. (I/A)

## **Aqua Jog:**

A high intensity class that incorporates interval water jogging and core strengthening. (I/A)

## **Aqua Kick:**

Dry land kick boxing movements integrated into the water for increased resistance making an intense toning and strength building workout. (B/I)

## **Aqua Travel:**

Same as Aqua Fit, while traveling the entire class. (B/I/A)

## **Arthritis:**

This class is designed to improve strength, endurance, flexibility, daily function and joint range of motion, as well as to decrease pain. (B/I)

## **Fit in 50:**

Fifty minutes of more intense aqua cardiovascular exercise class that utilizes swim resistance equipment as well as noodles. Great class for promoting healthy living and social responsibility. (B/I/A)

## **Low Impact:**

A class consisting of cardiovascular fitness, muscle strengthening and flexibility. Class is centered on slow movements to improve joint and muscle flexibility. (B/I)

## **Silver Splash:**

Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and special SilverSneakers kickboard is used to develop strength, balance and coordination. (B/I/A)

## **Tai Chi:**

The slow movement of this ancient Chinese martial art integrates power and grace while improving strength, flexibility, balance and well being. (B/I/A)

## **Water Pilates:**

Appeals to all ages and fitness levels. Develop strength and flexibility with fluidity and grace. Focus on breathing for exercise and energy enhancement. Improve posture and body awareness. (B/I/A)

## **Water Power:**

This class is held in the warm therapy pool using water and equipment to provide resistance to movement. (B/I/A)

B - Beginner    I - Intermediate    A - Advanced