



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

**Effective Monday, January 30, 2012**

- 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.
- Classes are free to members ages 14 and older

# WATER FITNESS SCHEDULE






## FLOYD COUNTY BRANCH

### INSTRUCTIONAL POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Fit Plus</b> 5:45 a.m.-6:35 a.m. Debbie		<b>Aqua Fit Plus</b> 5:45 a.m.-6:35 a.m. Debbie				
<b>Aqua Fit Plus</b> 8:00 a.m.-8:50 a.m. Nancy		<b>Aqua Fit Plus</b> 8:00 a.m.-8:50 a.m. Nancy		<b>Aqua Fit Plus</b> 8:00 a.m.-8:50 a.m. Nancy		
					<b>Aqua Fit Plus</b> 9:00 a.m.-9:50 a.m. Michelle	
<b>Deep Water</b> 10:00 a.m.-10:50 a.m. Erica		<b>Deep Water</b> 10:00 a.m.-10:50 a.m. Erica		<b>Deep Water</b> 10:00 a.m.-10:50 a.m. Erica		
<b>Aqua Fit</b> 11:00 a.m.-11:50 a.m. Erica	<b>Aqua Spin</b> 11:00 a.m.-11:50 a.m. Moir	<b>Aqua Fit</b> 11:00 a.m.-11:50 a.m. Erica	<b>Aqua Spin</b> 11:00 a.m.-11:50 a.m. Becky	<b>Aqua Fit</b> 11:00 a.m.-11:50 a.m. Erica		
	<b>Aqua Fit</b> 12:00 p.m.-12:50 p.m. Becky		<b>Aqua Fit</b> 12:00 p.m.-12:50 p.m. Becky			
<b>Aqua Fit Plus</b> 5:30 p.m.-6:20 p.m. Wendy	<b>Aqua Fit Plus</b> 5:30 p.m.-6:20 p.m. Wendy	<b>Aqua Fit Plus</b> 5:30 p.m.-6:20 p.m. Rachel	<b>Aqua Fit Plus</b> 5:30 p.m.-6:20 p.m. Wendy			

**NOTE: No shoes are allowed on the pool deck. Bare feet only.**

### THERAPY POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Tai-Chi</b> 8:00 a.m.-8:50 a.m. Nancy		<b>Tai-Chi</b> 8:00 a.m.-8:50 a.m. Nancy			
 <b>Arthritis Foundation Aquatic Program™</b> 9:00 a.m.-9:50 a.m. Jill	<b>Active Older Adults</b> 9:00 a.m.-9:50 a.m. Ginger	 <b>Arthritis Foundation Aquatic Program™</b> 9:00 a.m.-9:50 a.m. Erica	<b>Active Older Adults</b> 9:00 a.m.-9:50 a.m. Lisa	 <b>Arthritis Foundation Aquatic Program™</b> 9:00 a.m.-9:50 a.m. Jill	<b>Active Older Adults</b> 9:00 a.m.-9:50 a.m. Jill	
<b>Water Pilates</b> 10:00 a.m.-10:50 a.m. Jill	<b>Water Pilates</b> 10:00 a.m.-10:50 a.m. Moir	<b>Water Pilates</b> 10:00 a.m.-10:50 a.m. Moir	<b>Water Pilates</b> 10:00 a.m.-10:50 a.m. Lisa	<b>Water Pilates</b> 10:00 a.m.-10:50 a.m. Jill		
<b>Active Older Adults</b> 11:00 a.m.-11:50 a.m. Jill		<b>Active Older Adults</b> 11:00 a.m.-11:50 a.m. Moir		<b>Active Older Adults</b> 11:00 a.m.-11:50 a.m. Jill		
<b>Aqua Tone</b> 12:00 p.m.-12:50 p.m. Aleasha	<b>Water Pilates</b> 5:00 p.m.-5:50 p.m. Pat	<b>Aqua Tone</b> 12:00 p.m.-12:50 p.m. Becky	<b>Water Pilates</b> 5:00 p.m.-5:50 p.m. Pat	<b>Aqua Tone</b> 12:00 p.m.-12:50 p.m. Aleasha		<b>Active Older Adults</b> 12:00 p.m.-12:50 p.m. Mary
	 <b>Arthritis Foundation Aquatic Program™</b> 6:00 p.m.-6:50 p.m. Pat		 <b>Arthritis Foundation Aquatic Program™</b> 6:00 p.m.-6:50 p.m. Pat			
<b>Active Older Adults</b> 7:00 p.m.-7:50 p.m. Mary	<b>Low Impact</b> 7:00 p.m.-7:50 p.m. Mary	<b>Active Older Adults</b> 7:00 p.m.-7:50 p.m. Mary	<b>Low Impact</b> 7:00 p.m.-7:50 p.m. Mary			

# WATER FITNESS CLASS DESCRIPTIONS

## **AOA – Active Older Adults:**

A low impact class consisting of cardiovascular fitness, muscle strengthening and flexibility. An excellent class for older adults and beginners. (B/I)

## **Aqua Fit:**

Consists of cardiovascular fitness, muscle tone, endurance and flexibility without the stress of a traditional land exercise. (B/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 Spin:**

This deep water class incorporates noodles as the vehicles to “spin” in the water. The class will focus on cardiovascular endurance, core stability and balance. Flotation equipment will be provided. (I/A)

## **Aqua Tone:**

A muscle toning class that uses the resistive nature of water to tone. (I/A)

## **Arthritis Foundation Aquatic Program:**

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

## **Deep Water:**

An intense deep water class that incorporates cardiovascular fitness, core strengthening, and toning. Participants do not have to be able to swim to participate in the class. Flotation equipment will be provided. (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)

## **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)

## **Touch n’ Tread:**

An aquatic class that offers cardiovascular fitness training in shallow water, intermediate levels of water, and deep water, all in one class. Flotation equipment will be provided. (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)

B – Beginner      I – Intermediate      A – Advanced