



# Water Fitness Class Schedule

Effective June 9<sup>th</sup> – August 17<sup>th</sup>, 2018

\*Aqua shoes are highly recommended for all shallow water classes.

Time	Mon	Tues	Wed	Thurs	Fri	Sat
6:15am	Early Bird Deep H2O <i>Lynne</i>		Early Bird Deep H2O <i>Lynne</i>		Early Bird Deep H2O <i>Lynne</i>	
7:30am OR 8:00am	H <sub>2</sub> O Cardio/ Power HIT <i>Lynne</i>		H <sub>2</sub> O Cardio/ Power HIT <i>Ann</i>	Aquatic Dance Combo <i>Dell</i> 8:00am	H <sub>2</sub> O Cardio/ Power HIT <i>Judy</i>	
9:00am	H <sub>2</sub> O Cardio/ Power HIT <i>Judy</i>	Wet-n-Wild Deep Water <i>Dell</i>	H <sub>2</sub> O Cardio/ Power HIT <i>Ann</i>	Wet-n-Wild Deep Water <i>Dell</i>	H <sub>2</sub> O Cardio/ Power HIT <i>Judy</i>	
10:00am	Aqua Intervals <i>Mel</i>	No Class	Aquatic Dance Combo <i>Dell</i>	No Class	Aqua Zumba <i>Ivy</i>	
11:00am -or- 12:00pm	☯ Ai Chi <i>Judy</i> 11:00am	<i>Tweaking the Hinges</i> <i>Lynne/Mel</i> 12:00pm	☯ Ai Chi <i>Judy</i> 11:00am	No Class	Strength-N- Stretch <i>Jessica</i> 11:00am	
5:30pm	H <sub>2</sub> O Combo <i>Lynne</i>		H <sub>2</sub> O Combo <i>Jessica</i>		H <sub>2</sub> O Combo <i>Jessica</i>	

Teaching/Therapy Pool: \* H<sub>2</sub>O Combo \* Ai Chi \* Strength - N - Stretch \* H<sub>2</sub>O Cardio/Power HIT \*  
\*Aquatic Dance \* Aqua Circuit \* Aqua Building Blocks \* Aquatic Intervals \* Tai Chi\* Aqua Zumba\*

Lap Pool: \* Early Bird Deep H2O \*Wet -n- Wild Deep Water\*

North Myrtle Beach Aquatic & Fitness Center (843)281-3737

## Water Fitness Programs

*Water Fitness Calendar on back.*

Revised 5/30/2018 @ 2:11 PM

### ***Ai Chi (Meets in the Therapy Pool 45 minutes)***

Slow graceful form of physical exercise designed for relaxation, balance and health. Class takes advantage of the properties of water fostering range of motion, while challenging balance, facilitating core strength and stability. **New to class? Please arrive 10 minutes early for orientation.**

### ***Aqua Building Blocks (Meets in the Therapy Pool 45 minutes)***

This slow, low- level, non-impact class is perfect for those who have never exercised in the water before or who are transitioning from aqua therapy to water exercise. Class taught by a McLeod Seacoast Therapist. (Cancelled for the summer)

### ***Aqua Circuit (Meets in the Therapy Pool, 45 minutes)***

This combination of cardio and strength training utilizes strength training principles and aquatic equipment with water based fitness. Participants progress through various exercises for a great workout.

### ***Aquatic Dance Combo (Meets in the Therapy Pool 45 minutes)***

This class incorporates Zumba & Hip Hop dance routines for a fun moderately intensive workout. Dumbbells and noodles are used for core and strength training. This class is suitable for all fitness levels. Rhythm is not required.

### ***Aquatic Intervals (Meets in the Therapy Pool 45 minutes)***

Interval training is an aerobic conditioning format that incorporates alternating segments of work and active rest. Intensity is varied throughout the exercise session: high intensity / moderate intensity and moderate intensity / /high intensity. This class is suitable for all fitness levels.

**Aqua Zumba® (Meets in the Therapy Pool)** This class blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose.

### ***Early Bird Deep H2O (Meets in the Lap Pool 45 minutes)***

Start your day out right with an all-round invigorating program in deep water. Participants can choose to use a flotation device or not and workout in either deep or shallow water. Ideal class for cardiovascular exercise with no weight bearing stress and a great cross training alternative.

### ***H<sub>2</sub>O Cardio/Power HIT (Meets in the Therapy Pool/ Lap Pool 45 minutes)***

This cardio & strength routine blends **High Intensity Training (HIT)** and power strengthening using body weight and equipment. This challenging class includes: athletic jogging, plyometric, hard-core movements, pyramid and add-on intensity combinations.

### ***H<sub>2</sub>O Combo (Meets in the Therapy Pool 45 minutes)***

This class is for participants of any fitness level. You need not be a swimmer to benefit from this program. H<sub>2</sub>O Combo class involves movements in and through the water, combining the elements of strength training, cardio and flexibility using equipment to enhance the water fitness experience.

### ***Strength-N-Stretch (Meets in the Therapy Pool 45 minutes)***

This class focuses on conditioning, strength, endurance and stretch components. Equipment may be used. You'll develop increased flexibility, range of motion through a total body workout. **Participants are encouraged to work within their own range of motion.**

### ***Tweaking the Hinges (Meets in the Therapy Pool 45 minutes)***

This class provides guided active range of motion while incorporating a light cardio workout as tolerated. All participants are encouraged to work within their scope of movement.

### ***Wet-N-Wild Deep Water (Meets in the Lap Pool 45 minutes)***

This class will be adapted for participants to work in either deep or shallow water. Participants can choose whether to use flotation equipment or not. Class will cover all aspects of physical fitness through movement in water. Creative cardiovascular work will be combined with water resistance training to tone and firm the entire body