



# Water Fitness Class Schedule

Effective October 1<sup>st</sup> - October 31<sup>st</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	H <sub>2</sub> O Cardio/ Power HIT <i>Lynne</i>		H <sub>2</sub> O Cardio/ Power HIT <i>Ann</i>		H <sub>2</sub> O Cardio/ Power HIT <i>Ann/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>	Aqua Yoga <i>Marc</i>	Aquatic Dance Combo <i>Dell</i>	☯ <i>Ai Chi</i> <i>Judy</i>	Aqua Zumba <i>Ivy</i>	
11:00am	☯ <i>Ai Chi</i> <i>Judy</i>	Tweaking the Hinges <i>Lynne</i>	Aqua Building Blocks <i>McLeod</i> <i>Therapists</i>	Aquatic Dance Combo <i>Dell</i>	Strength-N- Stretch <i>Jessica</i>	
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\*Aqua Yoga

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

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

*Water Fitness Calendar on back.*

Revised 9/25/2018 @ 10:55 AM

# Water Fitness Programs

## Class Descriptions

### ***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)

### ***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 Yoga (Meets in the Therapy Pool 45 minutes)***

This class combines a gentle yoga sequence with a combination of movements helping individuals with shoulder, neck, back & hip issues, while promoting relaxation, stability & flexibility.

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

This class combines gentle a yoga sequence with a combination of movements helping individuals with shoulder, neck, back and hip issues while promoting relaxation, stability and flexibility. This class is suitable for all fitness levels.

### ***Early Bird Deep H<sub>2</sub>O (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

*Water Fitness Calendar on back.*

*Revised 9/25/2018 @ 10:55 AM*