

APRIL 2018

POOL

GROUP FITNESS SCHED-



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
8:30-9:15 AM AQUA FIT -Sussy	OPEN SWIM 6:00-11:15AM	8:30-9:15 AM AQUA FIT -Sussy	OPEN SWIM 6:00-11:15AM	8:30-9:15 AM AQUA FIT - Instructor Rotation	OPEN SWIM
9:30-10:15 AM WATER AEROBICS -Sam		9:30-10:15 AM WATER AEROBICS -Lisa D.		9:30-10:15 AM WATER AEROBICS -Instructor Rotation	
10:30-11:15 AM H₂O IN DEPTH - Sussy		10:30-11:15 AM H₂O IN DEPTH - Sussy		10:30-11:15 AM H₂O IN DEPTH - Lynn	
11:30 AM-12:15 PM FLUID MOTION LEVEL I -Elaine	11:30 AM-12:15 PM FLUID MOTION LEVEL II -Lynn	11:30 AM-12:15 PM FLUID MOTION LEVEL I -Elaine	11:30 AM-12:15 PM FLUID MOTION LEVEL I -Elaine	11:30 AM-12:15 PM FLUID MOTION LEVEL II -Lynn	
OPEN SWIM 12:15-8:30PM	OPEN SWIM 12:15-5:15PM	OPEN SWIM 12:15-8:30PM	OPEN SWIM 12:15-5:15PM	OPEN SWIM 12:15-7:00PM	
	5:30-6:30PM WATER GAIT -Lisa C.		5:30-6:30PM WATER BOXING -Lisa C.	CLASS FITNESS LEVELS: LOW IMPACT/ BEGINNER ALL FITNESS LEVELS INTERMEDIATE/ ADVANCED OPEN SWIM	
	OPEN SWIM 6:30-8:30PM		OPEN SWIM 6:30-8:30PM		

CLASS DESCRIPTIONS BY FITNESS LEVEL

LOW IMPACT/ BEGINNER FITNESS:

Fluid Motion level I: A water class for special populations such as those with arthritis, fibromyalgia, and other conditions. Lots of stretching...

Fluid Motion level II: A water class for special populations such as those with arthritis, fibromyalgia, and other conditions. More intensity than level I.

ALL FITNESS LEVELS:

Aqua Aerobics: Use water's natural resistance to improve cardiovascular fitness & muscle tone.

Aqua Fit: A muscle conditioning water class alternated with low to moderate aerobic training. Feel the music, sing along and have fun! 45 minutes of great energy!

H₂O In Depth: Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. You will get your workout!!! 145 minutes, intense and fun...

Water boxing: Utilize water resistance to condition and tone the upper and lower body both simultaneously and in isolation with punches, kicks and jogging drills. Develop cardiovascular endurance while having fun! Modifications make this a perfect class for any fitness level.

Water Gait: Develop cardiovascular endurance while having fun! Modifications make this a perfect class for any fitness level. Travel to the deep water as well. Great combination!

HAYWOOD REGIONAL HEALTH & FITNESS CENTER							WEEKLY THERAPY POOL SCHEDULE					
Mondays		Tuesdays		Wednesdays		Thursdays		Fridays		Saturdays		
Open for use: 6:00am-12:30pm		O P E N		Open for use: 6:00am-12:30pm		O P E N		Open for use: 6:00 am-12:30 pm		Open for use: 8:00am-4:00pm		
CLOSE FOR THERAPY <small>closed for therapy</small> 12:30-5:00pm				CLOSE FOR THERAPY <small>closed for therapy</small> 12:30-5:00pm				CLOSE FOR THERAPY <small>closed for therapy</small> 12:30-5:00pm		Sundays		
Open for use: 5:00pm-8:30pm				Open for use: 5:00pm-8:30pm				Open for use: 5:00pm-7:00pm		Open for use: 1:00pm-5:30pm		