



# AQUATIC GROUP FITNESS

## WARM WATER POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM		<b>Jammin'</b> Jaime 6:30AM - 7:30 AM		<b>Jammin'</b> Jaime 6:30AM - 7:30 AM			
8AM							
9AM	<b>Physical Therapy*</b> 8:45AM - 9:45 AM		<b>Physical Therapy*</b> 8:45AM - 9:45 AM		<b>Physical Therapy*</b> 8:45AM - 9:45 AM	<b>Aquacise</b> Drew 8:30 AM - 9:30 AM	
10AM	<b>Aqua Zumba</b> Hilary 10:00 AM - 10:45 AM		<b>Aqua Fit</b> Marisa 10:00 AM - 11:00 AM		<b>Aqua Zumba</b> Hilary 10:00 AM - 10:45 AM		
11AM	<b>Physical Therapy*</b> 11:00 AM - 12:00 PM		<b>Physical Therapy*</b> 11:00 AM - 12:00 PM		<b>Physical Therapy*</b> 11:00 AM - 12:00 PM		
12PM							
1PM							
2PM	<b>Physical Therapy*</b> 2:00 PM - 3:00PM		<b>Physical Therapy*</b> 1:00 AM - 3:00PM		<b>Physical Therapy*</b> 1:00 PM - 3:00PM		
3PM							
4PM	<b>Physical Therapy*</b> 4:00 PM - 5:00PM		<b>Physical Therapy*</b> 4:00 AM - 5:00PM				
5PM		<b>Splash!</b> 5:30 PM – 6:30 PM					
6PM	<b>Private Class</b> 5:30 PM - 6:30PM		<b>Private Class</b> 5:30 PM - 6:30PM		<b>Aqua Zumba</b> Mark 6:00 PM - 7:00 PM		
7PM							

Sept.

\*Physical Therapy: when in session, the maximum occupancy of the warm pool is limited to 6.

If you wish to register for classes in advance to be notified of cancellations or updates, call (607)319-0149 or visit [www.islandhealthfitness.com/empower-me](http://www.islandhealthfitness.com/empower-me)

# AQUATIC CLASS DESCRIPTIONS

## **Aquacise**

Routines are based on the anatomy and physiology of muscles and joints, and are designed to strengthen limb and core muscles, increase range of motion, promote joint stability, and improve balance and posture. The hour includes cardio intervals and concludes with stretching, all accompanied by classic rock 'n roll, folk, and popular songs.

## **Aqua Dance**

Come let loose with Linda! She delivers a fun and invigorating class, which is sure to make you smile while working up a sweat!

## **Aqua Fit**

An enjoyable water aerobics class adaptable for all ages for a gentle to moderate workout. This 50-minute class includes stretching the whole body, a 20-minute cardio workout, body toning, and 5 minutes of stretches at the end of class

## **Aqua Zumba**

Perfect for those looking to make a splash by adding a low impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

## **Jammin'**

Let your heart rate and spirits **RISE** with the Sun! Enjoy cardio, toning, and stretching to great tunes. Energize your day!

## **Splash!**

A one hour hi-lo intensity water workout that combines weight training, stretching and aerobics to fun music.