



January Warm Pool Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Physical Therapy* 8:45 – 9:45 AM		Physical Therapy* 8:45 – 9:45 AM		Physical Therapy* 8:45 – 9:45 AM	Aquacise Drew 8:30 – 9:30 AM	
Aqua Zumba Hilary 10:00-10:45 AM		Aqua Fit Marisa 10 AM-11 AM		Aqua Zumba Hilary 10:00–10:45 AM		
Physical Therapy* 11 AM-12 PM	Aqua Fit Regi 10:30 – 11:30 AM	Physical Therapy* 11 AM-12 PM	Aqua Cheers! Jody 10:30 – 11:30 AM	Physical Therapy* 11 AM – 12 PM		
Physical Therapy* 2 - 3 PM		Physical Therapy* 1 - 3 PM		Physical Therapy* 1 - 3 PM		
Physical Therapy* 4 - 5 PM		Physical Therapy* 4 - 5 PM				
	Splash! Kate 5:30 – 6:30 PM		Aqua Zumba Mark 6 - 7 PM			
Private Class 7:00-8:00 PM pool open; space limited		Private Class 6:00-7:15 PM pool open; space limited				

*During Physical Therapy the warm pool is open, but space may be limited and the maximum occupancy is limited to 6,
You may register for classes in advance at (607) 277-3861 or www.islandhealthfitness.com/empower-me



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GROUP FITNESS DESCRIPTION

AQUA CHEERS

Come to class to learn why it is called "Cheers". This aqua class combines stretching, strengthening, conditioning, balance and breathing. It is appropriate for varied levels of fitness. You will learn how to work at your present level of fitness while safely challenging yourself to step it up a notch.

AQUA FIT

An enjoyable water aerobics class adaptable for all ages for a gentle to moderate workout. This class includes stretching the whole body, a minute cardio workout, body toning, and 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.

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.

SPLASH!

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

***Online Registrations (Empower ME)**

To register online for group fitness classes, scan the QR code or type in the following URL:
www.islandhealthfitness.com/empower-me

The first time you login to Empower Me, your user name and password will be the number on the back of your key tag. If you get locked out, call our Front Desk at (607)277-3861.

