



# July Warm Pool Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aqua Ease</b> Hilary 9:25 - 9:55 AM		<b>Physical Therapy*</b> 8:45 - 9:45 AM		<b>Aqua Ease</b> Hilary 9:25 - 9:55 AM	<b>Aquacise</b> Drew 8:30 - 9:30 AM	
<b>Aqua Zumba</b> Hilary 10 - 10:45 AM	<b>Aqua Fit</b> Regi 10:30 - 11:30 AM	<b>Aqua Fit</b> Marisa 10 - 11 AM	<b>Aqua Cheers!</b> Jody 10:30 - 11:30 AM	<b>Aqua Zumba</b> Hilary 10 - 10:45 AM		
<b>Physical Therapy*</b> 11 AM - 12 PM		<b>Physical Therapy*</b> 11 AM - 12 PM		<b>Physical Therapy*</b> 11 AM - 12 PM		
<b>Physical Therapy*</b> 2 - 3 PM		<b>Physical Therapy*</b> 1:30 - 3 PM		<b>Physical Therapy*</b> 1:30 - 3 PM		
<b>Physical Therapy*</b> 4 - 5 PM		<b>Physical Therapy*</b> 4 - 5 PM				
<b>Private Class</b> 6 - 7 PM pool open; space limited		<b>Private Class</b> 6 - 7 PM pool open; space limited	<b>Aqua Zumba</b> Mark 6 - 7 PM			

\*During Physical Therapy our warm pool is open, but space may be limited. Maximum occupancy 6 people.



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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 EASE**

Increase the ease of which you perform activities of daily living through this warm water class. This class will gently work through each muscle group and joint, perfect for individuals with arthritis, fibromyalgia, or a decreased range of motion.

### **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 stretching at the end of the session.

### **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.

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#### **\*Online Registrations (Empower ME)**

Register online for group fitness classes by scanning the QR code or visit our website:  
[www.islandhealthfitness.com/empower-me](http://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, contact our Front Desk by calling 607.277.3861

