



## Waterpower Workout Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Deep Waterpower Knees & Hips 11:30-12:30 Michelle
Original Waterpower Shallow 12:00-1:00 Elaine	Deep Waterpower 12:00-1:00 Elaine	Original Waterpower Shallow 12:00-1:00 Elaine	Deep Waterpower 12:00-1:00 Elaine	Original Waterpower Shallow 12:00-1:00 Elaine	
					Deep Waterpower 2:00-3:00 Elaine
					Gentle Water Exercise Deep 3:15-4:15 Elaine
Gentle Water Exercise Deep 5:00-6:00pm Elaine	Gentle Water Exercise Deep 5:00-6:00pm Elaine	Gentle Water Exercise Deep 5:00-6:00pm Elaine	Gentle Water Exercise Deep 5:00-6:00pm Michelle	Gentle Water Exercise Deep 5:00-6:00pm Elaine	
				Deep Waterpower Friday 6:30-7:30 Elaine	
Deep Waterpower 7:00-8:00 Elaine	Deep Waterpower 7:00-8:00 Elaine	Deep Waterpower 7:00-8:00 Elaine	Deep Waterpower 7:00-8:00 Michelle		

Notes:

All Classes are designed for those who can get in and out of the pool on their own.  
 NO CLASSES on July 4th, Labor Day, Thanksgiving, Christmas, New Years, and Memorial Day.  
 All classes are 1 hour long.  
 Entry into pool before or after class times is prohibited.

See reverse for class descriptions

Rev 8/3/2018

## POOL EXERCISE CLASS DESCRIPTIONS 2018

### **The Original Waterpower Workout-Shallow Water**

**Mon/Wed/Fri, 12-1pm**

**This class is a challenging high-intensity workout. Experience with water aerobics is helpful but not necessary.**

**Not appropriate for those with acute medical conditions.**

Begin with running and bouncing across the shallow end of the pool followed by jumping exercises that can be performed by most fitness levels. Flotation belts are used only if there's a weight-bearing injury to be protected. Next comes 30 minutes of aerobic and anaerobic work, then students perform upper and lower body strengthening exercises. Finish with stretching.

### **Deep Waterpower Workout**

**Tues/Thurs, 12-1pm, Mon-Thurs, 7-8pm, Friday, 6:30-7:30pm, Sat, 2-3pm**

**This class is a challenging high-intensity workout. Experience with water aerobics is helpful but not necessary.**

**Not appropriate for those with acute medical conditions.**

Put on a flotation belt and run, Powerwalk, and Speedwalk in the deep end for interval training. Stretch, kick training, agility exercises, all with no weight-bearing. Finish with upper/lower body strengthening exercises.

### **Gentle Water Exercise Class-Deep Water**

**Mon-Fri, 5:00-6:00pm, Sat, 3:15-4:15pm**

**This class is an easier level of exercise. Appropriate for those recovering from surgery or starting the first exercise program in years. Gentle and self-paced.**

Increase cardiovascular endurance. Complete exercises at your own pace at an easy-to-moderate intensity. May do deep water exercises at the wall or tethered depending on level of ability. Most exercises completed at the wall or "braced" rather than free floating. Increase strength by using the water as resistance. Pool resistance equipment is available for those who wish to use it. Overall, slower pace, lighter intensity.

### **Waterpower for Knees and Hips-Deep Water**

**Sat, 11:30-12:30pm**

**This class is in a gravity-free environment, deep water, for people with knee or hip pain.**

Start in deep water to remove all impact from weight bearing joints. Run, Powerwalk and Speedwalk deep-water intervals are modified here to protect the knees and mobilize the hips. Move to stretching, kick training and deep-water exercises. Finish with lower body strengthening for muscles surrounding the knees and hips.