


Water Exercise Schedule – Winter 2012

Effective February 6, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:50	Warm Water KRS	8:50² Warm Water Melissa	Warm Water Jamie F.	9:15 Warm Water Jamie	Warm Water Karen		
9:30	Water Walking Charlotte/ Sheena	Deep Action Melissa	Water Walking Charlotte	Deep Action Melissa	Water Walking Rose	Go H2O Connie/Sarah	
10:30	Go H2O Charlotte/Sheena	10:15¹ Water Pilates Jamie	Go H2O Charlotte	10:15¹ Water Pilates Jamie	Go H2O Rose	Deep Action Connie/Sarah/Beth	Go H2O Charlotte/Connie
1:00	Warm Water Sheena		Warm Water Sheena				<ul style="list-style-type: none"> All classes are 55 minutes in length unless otherwise noted. NOTE: See reverse side for additional activities that are ongoing in the aquatics center which may limit pool usage. Members are always welcome in the pool, but should be aware of scheduled activities. ¹ 45 minute class. ² 40 minute class. <p>This schedule is subject to change.</p> 
5:30	Go H2O Sarah		Go H2O Rose				
6:00		Go H2O Sheena		Deep Action Connie			
6:30	Deep Action Gena Warm Water Sarah		Warm Water Rose				

You can always view the most updated water schedule online at www.lifeworksfitness.net

LifeWorks Aquatic Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am-12:15pm* Physical Therapy	4:00-5:30 pm* Physical Therapy	10:00-11:30 am* Physical Therapy	4:00-5:30pm* Physical Therapy	10:00-11:30am* Physical Therapy 1:00-2:00pm* Physical Therapy	12:00- 2:00pm* Infant & Preschool Swim Classes \$ <i>Begins 2/26/12</i> 1:00-5:00pm Family Swim (both pools)	1:00-5:00pm Family Swim (lap pool ONLY) KEY: * Activity uses the warm water pool, space may be limited.

Private lessons and adaptive aquatic lessons occur at various times throughout the week in both pools.

Deep Action: Fun for everyone! Participants will have the option of wearing a floatation belt or the Hydro-fit® buoyancy cuffs for the action packed cardiovascular workout in the deep water. This class will include a short warm-up, 30-40 minutes of cardio work, and finishes with some abs and muscle conditioning work. Participants wishing to advance from a belt to the Hydro-fit® cuffs should arrive 5 minutes early to class so the instructor can give instructions on safe use of the Hydro-fit® equipment.

Go H2O: This intermediate level class includes a 10 minute warm-up, 35-40 minutes of cardiovascular conditioning followed by muscular strengthening using aqua dumbbells and other forms of equipment. Music is used to keep class motivating and fun!

Warm Water: This class is certified through the Arthritis Foundation. It takes members through a series of specially designed exercises that condition muscles and improves range of motion. With the aid of the water's buoyancy and resistance, the warm water and gentle movements help relieve pain, stiffness and improve joint flexibility.

Water Walking: A great transitional class to get you from warm water to the lap pool. The intensity is more challenging than warm water but less challenging than Go H2O. There is no pounding or jumping, just walking laps forwards, backwards, sideways and other ways. Guaranteed to condition and tone all the muscles including your heart.

Water Pilates: A 45-minute workout to strengthen your core, while lengthening your muscles and creating flexibility. This is one of our most popular classes. Members love it!

All classes are 55 minutes unless otherwise noted.

You can always view the Group Exercise Schedule and Class Descriptions online at www.lifeworksfitness.net