

WellstarHealth Place

Aquatic Group Fitness Schedule November-December 2021

Time	M	T	W	TH	F	SA	SUN
8:00am						Adaptive Movement Kimberly ♥	
9:30am	Hydro Power John ♥♥♥	Adaptive Movement Kate ♥	Hydro Power Amber ♥♥♥	Adaptive Movement Kate ♥	Hydro Power Kate ♥♥♥		
10:30am						Hydro Power Kate ♥♥♥	
11:15am	Hydro Tone Kate ♥♥		Hydro Tone Gi ♥♥		Hydro Tone Kate ♥♥		
11:30am		Hydro Power Gi ♥♥♥		Hydro Power Gi ♥♥♥			
1:30pm		Hydro Fit (12:45PM) Meg ♥♥		Hydro Fit Kimberly ♥♥			
5:30pm	Deep Water Gi ♥♥♥	Hydro Power Karina ♥♥♥	Boot Camp Gi ♥♥♥	Hydro Power Karina ♥♥♥			

To register for classes go to the website at www.wellstarhealthplace.org or click QR Code below.



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Class Descriptions

- HYDRO LITE** This light-intensity class includes cardio movement, strength and stretching using a variety of equipment. A deep-water portion may be included. Designed for those who wish to start with a light workout to build strength and endurance. Class is 45 minutes in length.
- HYDRO FIT** This intermediate-level class, which includes cardio, strength and stretching, uses a variety of equipment to increase the heart rate and build muscle mass. A deep-water portion may be included. Class is 50-60 minutes in length.
- HYDRO POWER** This high-intensity class includes cardio to increase the heart rate, burn calories, and increase metabolism. Equipment may be used to maximize intensity and increase strength. Class is 50-60 minutes in length.
- ADAPTIVE MOVEMENT** This specialized class is designed for the recovery and maintenance of chronic disease processes including (but not limited to) arthritis, stroke, metabolic disorders, cancer or surgery. The class will focus on exercises to increase strength, flexibility, and mobility. Classes may include a deep-water portion with a flotation device (optional). This is a similar format as the Arthritis Foundation classes but more adaptive to assist special medical conditions. Class is 45 minutes in length.
- DEEP WATER** This medium-high intensity water workout is a great way to get your heart pumping and burn calories all while suspended with a flotation device to decrease stress and impact on joints and muscles. Class is 50-60 minutes in length.
- BOOTCAMP** Based on interval training, power drills, and speed bursts. Designed for those who wish to obtain a full cardiovascular workout while using the natural resistance of the water to help increase strength, speed, power, endurance, core strength and range of motion. Class is 50-60 minutes in length.

*INSTRUCTORS ARE SUBJECT TO CHANGE
WITHOUT NOTICE.*

The Aquatics Department

For more information, please contact Health Place at
healthplaceswim@wellstar.org
or
www.wellstarhealthplace.org
to register for classes or lap lanes.