

WellstarHealth Place

Aquatic Group Fitness Schedule February-March 2023

Time	M	T	W	TH	F	SA	SUN
7:00 am			Adaptive Movement <i>Meg</i> ♥				
9:30 am	Hydro Power <i>Amber</i> ♥♥♥	Adaptive Movement <i>Brittany</i> ♥	Hydro Power <i>Amber</i> ♥♥♥	Adaptive Movement <i>Brittany</i> ♥	Hydro Power <i>Amber</i> ♥♥♥		
10:30 am							
11:00 am	Hydro Tone <i>Amber</i> ♥♥	Hydro Fit <i>Brittany</i> ♥♥	Hydro Fit <i>Amber</i> ♥♥	Hydro Fit <i>Brittany</i> ♥♥	Hydro Tone <i>Amber</i> ♥♥		
5:00 pm	Deep Water <i>Gi</i> ♥♥♥						
5:30 pm		Hydro Power <i>Karina</i> ♥♥♥	Boot Camp <i>Gi</i> ♥♥♥	Hydro Power <i>Brittany</i> ♥♥♥			
6:15 pm	AquaPilates <i>Gi</i> (45min) ♥♥						

To register for classes or lap
lanes go to the website at
www.wellstarhealthplace.org

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Aquatic Group Fitness Class Descriptions

*No swimming
skills required for
these classes.*

- HYDRO TONE** 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.
- AQUAPILATES** This intermediate-level class, uses a variety of equipment to build core strength and stability. Designed for those who wish to improve flexibility, posture, and balance. Class is 45 minutes in length.

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