

WellstarHealth Place

Aquatic Group Fitness Schedule September 2023

| Time | M | T | W | TH | F |
|----------|-------------------------------|------------------------------------|---------------------------------|------------------------------------|-----------------------------|
| 7:00 am | | Cardiac Rehab* | Adaptive Movement Meg ♥ | | |
| 8:15 am | | | A Healthier You** | | |
| 9:30am | Hydro Power Wylonda ♥♥♥ | Adaptive Movement Brittany ♥ | Hydro Power Amber ♥♥♥ | Adaptive Movement Brittany ♥ | Hydro Power Amber ♥♥♥ |
| 11:00 am | Hydro Tone Amber ♥♥ | Hydro Fit Brittany ♥♥ | Aqua Freestyle Wylonda ♥♥ | Hydro Fit Brittany ♥♥ | Hydro Tone Aaliyah ♥♥ |
| 1:15pm | | | Cardiac Rehab* | | |
| 4:00pm | A Healthier You** | | | | |
| 5:00 pm | Water Werks Gi ♥♥♥ | | | | A Healthier You** |
| 5:30 pm | | Aqua In Motion Aaliyah ♥♥♥ | Boot Camp Gi ♥♥♥♥ | Hydro Power Aaliyah ♥♥♥ | |
| 6:15 pm | Aqua Pilates Gi ♥♥ | | | | |

To register for classes
or lap lanes visit
www.myiclubonline.com



INSTRUCTORS ARE SUBJECT TO CHANGE
WITHOUT NOTICE

*Cardiac Rehab class. Class is 60 minutes in length.
**A Healthier You program class. Special clearance needed.
Class is 50-60 minutes in length.

- ♥ Lower Level Intensity Class
- ♥♥ Medium Level Intensity Class
- ♥♥♥ Higher Level Intensity Class
- ♥♥♥♥ Ultra High Level Intensity Class

WellstarHealth Place

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. (60 minutes)
- 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. (60 minutes)
- 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. (60 minutes)
- 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. (45 minutes)
- WATER WERKS** This medium-high intensity WERKout is a great way to get your heart pumping and burn calories. Various exercise equipment may be utilized. The use of a floatation device is optional to decrease stress and impact on joints or increase muscle exertion. (60 minutes)
- BOOT CAMP** 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. (60 minutes)
- AQUA PILATES** 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. (45 minutes)
- AQUA IN MOTION** This medium-high intensity class, uses a variety of fast and slow rhythms and dance movements for a full body workout. (60 minutes)
- AQUA FREESTYLE** This moderate-level intensity class will be a total body workout including cardio, balance, and strength. Equipment will be used to target the most daily underused muscles in the body. Designed to keep participants moving efficiently through each movement at their appropriate capability. (45 minutes)

For more information,
please contact Health Place at 770-793-7301 or
www.wellstarfitness.org
to register for classes or lap lanes.