

# WellstarHealth Place

## Aquatic Group Fitness Schedule December 2023

| Time     | M                             | T                                  | W                               | TH                                 | F                           | S                         | S                               |
|----------|-------------------------------|------------------------------------|---------------------------------|------------------------------------|-----------------------------|---------------------------|---------------------------------|
| 7:00 am  |                               | Cardiac Rehab*                     | Adaptive Movement<br>Meg<br>♥   |                                    |                             |                           |                                 |
| 9:30am   | Hydro Power<br>Wylonda<br>♥♥♥ | Adaptive Movement<br>Brittany<br>♥ | Hydro Power<br>Bre<br>♥♥♥       | Adaptive Movement<br>Brittany<br>♥ | Hydro Power<br>Amber<br>♥♥♥ | Hydro Pump<br>Will<br>♥♥♥ |                                 |
| 11:00 am | Hydro Tone<br>Amber<br>♥♥     | Hydro Fit<br>Brittany<br>♥♥        | Aqua Freestyle<br>Wylonda<br>♥♥ | Hydro Fit<br>Brittany<br>♥♥        | Hydro Tone<br>Wylonda<br>♥♥ |                           |                                 |
| 12:00pm  |                               |                                    |                                 | Cardiac Rehab*                     |                             |                           |                                 |
| 1:00pm   |                               |                                    |                                 |                                    |                             |                           | Aqua Freestyle<br>Wylonda<br>♥♥ |
| 1:15pm   |                               | A Healthier You**                  |                                 | A Healthier You**                  |                             |                           |                                 |
| 5:00 pm  | Water Werks<br>Gi<br>♥♥♥      |                                    |                                 |                                    | A Healthier You**           |                           |                                 |
| 5:30 pm  |                               | Hydro Power<br>Will<br>♥♥♥         | Boot Camp<br>Gi<br>♥♥♥♥         | Hydro Power<br>Will<br>♥♥♥         |                             |                           |                                 |
| 6:15 pm  | Aqua Pilates<br>Gi<br>♥♥      |                                    |                                 |                                    |                             |                           |                                 |

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.

To register for classes  
or lap lanes visit  
[www.myiclubonline.com](http://www.myiclubonline.com)



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

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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. (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. (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)
- HYDRO PUMP** Dive into Hydro Pump for an aquatic resistance training class that sculpts and strengthens every major muscle group. Get ready to make waves and boost your muscular strength and power in a refreshing, efficient full-body workout. (45 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](http://www.wellstarfitness.org)  
to register for classes or lap lanes.