

# WellstarHealth Place

## Aquatic Group Fitness Schedule September 2024

Time	M	T	W	TH	F	S	S
7:00 am		Cardiac Rehab*	Aqua Flow Meg ♥	A+ Barre 360*** (8:30am) Brittany			
9:30am	Hydro Pump Jason ♥♥♥	Adaptive Movement Brittany ♥	Hydro Pump Jason ♥♥♥	Adaptive Movement Brittany ♥	Hydro Power Amber ♥♥♥	Hydro Pump Will ♥♥♥	
11:00 am	Hydro Tone Amber ♥♥	Hydro Fit Brittany ♥♥	Aqua Freestyle Will ♥♥	Hydro Fit Will ♥♥	Hydro Tone Will ♥♥	A+ Functional Fusion*** (10:30am) Will	
12:00pm				Cardiac Rehab*			
1:00pm	A+ Barre 360*** Gi						Aqua Freestyle Maria ♥♥
1:15pm		A Healthier You**		A Healthier You**			
4:00pm	A Healthier You**		A+ Step Trifecta*** Gi				
5:00 pm	Water Werks Gi ♥♥♥				A Healthier You**		
5:30 pm		Hydro Power Will ♥♥♥	Boot Camp Gi ♥♥♥♥	Hydro Power Will ♥♥♥			
6:15 pm	Aqua Pilates Gi ♥♥						

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

\*\*\*Aquatics PLUS+ small group training. Sessions are an additional fee.

- ♥ 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*

- AQUA FLOW** This class is designed for the maintenance of chronic diseases including (but not limited to) arthritis, stroke, metabolic disorders or surgery. Using fluid movements, this class will increase mobility while focusing on improving posture and balance. This low intensity class will utilize movements of yoga to include stretching and core exercises. (45 minutes)
- 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 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.