

GREENKNOLL WATER AEROBICS SCHEDULE

MAIN POOL **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 9:00-10:00am Sujata	Water Aerobics 9:30-10:30am Sujata	Water Aerobics 9:00-10:00am Sujata	Water Aerobics 9:30-10:30am Sujata	Water Aerobics 9:00-10:00am Sujata
Aqua Strength 11:15-12:15am Dawne	Non-Impact 10:05-11:05am Aimee	Aqua Strength 11:15-12:15am Dawne	Non-Impact 10:05-11:05am Aimee	Aqua Strength 11:15-12:15am Dawne
Aqua-cize 10:45-11:45am Sujata	SilverSplash 11:15-12:15pm Susie	Aqua-cize 10:45-11:45am Sujata	SilverSplash 11:15-12:15pm Maria	Aqua-cize 10:45-11:45am Sujata
Shallow Water Aerobics 12:00-1:00 Sujata		Shallow Water Aerobics 12:00-1:00 Sujata		Shallow Water Aerobics 12:00-1:00 Sujata
Power Hour 6:00-7:00pm Cathi	Power Hour 6:00-7:00pm Cathi		Power Hour 6:00-7:00pm Cathi	

THERAPY POOL **subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
AquaCore 8:00-9:00am Heather		AquaCore 8:00-9:00am Dawne		AquaCore 8:00-9:00am Dawne
Senior Aqua Walk & Talk 9:00-10:00 *Self-Guided*				Senior Aqua Walk & Talk 9:00-10:00 *Self-Guided*
Aqua Conditioning 10:30-11:30am Jaime	Work the Water 11am-12:00pm Sujata	Aqua Conditioning 10:30-11:30am Jaime	Work the Water 11am-12:00pm Sujata	Aqua Conditioning 10:30-11:30am Jaime
Toning 1:00-2:00pm Susie		Toning 1:00-2:00pm Susie		Toning 1:00-2:00pm Susie

Water Aerobics Class Descriptions:

***** Everyone MUST SHOWER before using the pool *****

***** To take any DEEP END water aerobics class, YOU MUST be able to SWIM (regardless of the buoyancy belt)! *****

Water Aerobics: 9:00-10:00am M/W/F & 9:30-10:30am T/TH in Main Pool

Primarily a deep water aerobics class buoyancy belts, dumbbells, and noodles. Intense/fast pace workout. **You must be able to swim.**

Aqua-cize: 10:45-11:45 am M/W/F in Main Pool

Rigorous shallow water exercise. Intended to help you burn fat, tone muscles, and improve cardiovascular function with barbells, dumbbells, and noodles.

Aqua Core: 8:00-9:00am W/F in Therapy Pool

Low impact resistance training with minimal cardio. This class is designed to help with strength and balance with focus on using the core for stability.

Aqua Muscle Conditioning: 10:30-11:30am M/W/F in Therapy Pool

For those with arthritis, chronic health issues, surgery preparation and recovery, and new to any type of exercise. Exercises are built around balance, improving flexibility, increasing range of motion, and personal strength. Resistance is created from the water and the addition of dumbbells.

Aqua Strength and Conditioning:

11:30am-12:30 pm M/W/F in Main Pool

Deep water strength training combined with cardio-conditioning. Use of different water equipment is integrated to provide resistance and intensity.

You must be able to swim.

Non-Impact Water Aerobics: 10:05-11:05am T/TH in Main Pool

Gentle paced and individualized exercises. This class is geared towards people with mild to moderate disabilities, such as MS. Barbells and noodles will be used to help with balance, core work, strengthening, and stretching. Shallow end of the pool.

Power Hour: 6-7pm M/T/TH in Main Pool

One hour of intense deep and shallow water exercises, helping make you more flexible and fit. **You must be able to swim.**

Silver Splash: 11:15am-12:15pm T/ TH in Main Pool

Water aerobics exercises are choreographed to music. This is great for anyone looking to improve their agility, cardiovascular capacity, and flexibility.

Water Aerobics Class Descriptions:

Toning: 1:00-2:00pm M/W/F in Therapy Pool

Therapeutic toning and stretching takes place in the Therapy pool. For the beginner to intermediate level individual interested in water aerobics, must be able to float.

Shallow Water Aerobics: 12-1pm M/ W/F in Main Pool

An intermediate to advanced level class. Emphasis on core strength, range of motion and toning of the body by performing high intensity exercises in the shallow water.

Work the Water: 11:00am-12:00pm T/TH in Therapy Pool

Low impact, low intensity head to toe workout in the Therapy pool. A great way to increase your daily energy level and improve your range of motion while performing daily activities.

Senior Aqua Walk & Talk- Self Guided

9:00-10am Mondays and Fridays in the Therapy Pool

Come and have a great time socializing, while you water walk with your friends!

There are a variety of ways you can water walk: normally, forwards and backwards, side to side, from one corner to the other, with straight legs, with straight legs lifting off the ground, marching knees, kick yourself in the butt, heel to toe, on the balls of your feet/toes, add lunges, add squats, add drag with a noodle behind you or small dumbbells under the water, and or you can add resistance with a noodle in front of you or with small dumbbells.

Effective 11/4/19

*****Please Note:**

Therapy pool sign-ups: Every Friday @2:30pm for M/W/F & 12:30pm for T/TH classes the week prior

- Please **WAIT OFF DECK** until **5 minutes before** your class
- Please be aware there is **NO OPEN SWIM/WARMING UP BEFORE**, you may enter once your class begins
- Please **only take equipment for yourself** and put it away
- A **bathing suit** is required
- Please do not wear perfume or body lotion
- There is no chewing gum while in the pool

Thank you for your understanding!