

Aquatic Classes - July, August & September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available	6:00-9:00*am Open Pool 2 Laps Available	3 Lanes Available	6:00-9:00am Open Pool 2 Laps Available	3 Lanes Available	Center Opens 8:00am
7:00am	7:00-9:00*am Open Pool 2 Laps Available		7:00-9:00*am Open Pool 2 Laps Available		7-9:00*am Open Pool 2 Laps Available	
8:00am	2 Laps Available		2 Laps Available		2 Laps Available	
9:00am	Cardio Strength 9:00-9:45am	Cardio Strength 9:00-9:45am	Cardio Strength 9:00-9:45am	HIIT 9:00-9:30am High Intensity Interval Training class (Cardio)	New Format! Aquabata 9:00-9:45am Cardio and Strength!	8:00am- 11:30am Open Pool 2 Laps Available
10:00am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	Aqua Range of Motion 10:00-10:45am	
11:00am	11am-3:00pm Open Pool 2 Laps Available	11am-1:30*pm Open Pool 2 Laps Available	11am-3:00pm Open Pool 2 Laps AvailableOpen	11am-1:30*pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available	Pool Closes 11:30am
12:00pm		Joints In Motion 1:30-2:15pm		Open Pool	Joints In Motion 1:30-2:15pm	
1:00pm						Open Pool
2:00pm		Water Volleyball 3:30-5:00pm One Lap Available		Suspended & Fit 4:15-5:00pm One Lap Available	Water Volleyball 3:30-5:00pm One Lap Available	
3:00pm	Aqua Zumba 5:30-6:30pm		Cardio, Core & More 5:30-6:15pm 1 Lap Available			Open Pool 2 Laps Available
4:00pm		Pool 2 Laps Available		Pool Closes at 6:30	Pool Closes at 6:30	
5:00pm	Pool Closes at 6:30		Pool Closes at 6:30			
6:00pm						CLASS LEGEND Level 3- High intensity Level 2- Medium intensity Level 1- Low intensity Activity/Sport Contractor Class - Free to SCS members \$6 for non-members Ask our Exercise Specialists what class level is best for you!

- Aquatic Center Shut Down is August 12th through the 24th Aquatic Members are welcome to take Wellness Classes during these weeks.
- SCS will be closed for Labor Day Monday, September 2nd.
- Next Recovery Week will be September 16th- 20th. If there are ideas you would like to see implemented during recovery week, let Molly know.

Please show up to class on time.

Class Descriptions on Back!

Aquatic Class Descriptions

Cardio Strength

Cardio Strength classes incorporate both cardio intervals and strength training exercises. You will use a variety of pool equipment such as: pool noodles, paddles, dumbbells, barbells, etc.

HIIT

HIIT stands for High Intensity Interval Training. This 30 minute class is designed to get your heart rate up! This adds variety to our 9am aquatic class line-up. The more you put in, the more you'll get out!

Aquabata

"Aquabata" is a combination of Aqua and "Tabata". Tabata is an exercise format for high intensity interval training. 20 seconds of hard work and 10 seconds of rest for 4 minute rounds. Work both cardio and strength in this class!

Aqua Range of Motion

Aqua ROM is a low-intensity class designed for those who may have arthritis, joint replacements, or other orthopedic issues. In this class you will work all joints of the body through different range of motion while walking forwards and backwards as well as side to side

Joints in Motion

Joints in motion is a mid-level intensity class. In this class you will work on both cardio and strength exercises as well as take the body through full ranges of motion.

Suspended & Fit

In this class you will wear a float belt and be suspended in the deeper end of the pool. This allows you to exercise with zero impact and get a high intensity workout. This class may also be referred to as "Deep Water"

Cardio, Core, & More

Work a little bit of everything in this class! (This class may be canceled if Donna is sick or on vacation.)

Water Volleyball

Members are welcome to play water volleyball at these designated times.

Aqua Zumba

Aqua Zumba is a Contractor Class - it is free to SCS members and \$6 for non-members

Lap Swim

Please call or stop in the Wellness/Business office to sign up for lap lane times. You can reserve a lap for 30 minutes or an hour time frame.

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