

Aquatic Classes - November 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	6:00-9:00 am 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						
9:00am	Cardio Strength 9:00-9:45 am	HIIT 9:00-9:30 am High Intensity Interval Training class (Cardio)	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am!	8:00am- 11:30am Open Pool 2 Laps Available
10:00am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	
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		Joints In Motion 1:30-2:15pm	Joints In Motion 1:30-2:15pm	
1:00pm		Open Pool		Open Pool	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	
2:00pm		Water Volleyball 3:30-5:00 pm One Lap Available		Suspended & Fit 4:15-5:00pm One Lap Available		Water Volleyball 3:30-5:00 pm One Lap Available
3:00pm		Instructor's Choice 4:15-5:00pm One Lap Available		Aqua Zumba 5:30-6:30pm	Cardio, Core & More 5:30-6:15 pm 1 Lap Available	Open Pool 2 Laps Available
4:00pm	Pool 2 Laps Available					
5:00pm	Pool Closes at 6:30		Pool Closes at 6:30			
6:00pm						

- **Next Recovery Week will be November 25th- Nov 27th.** Wellness members are welcome to take pool classes this week and vice versa!

**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!

Instructor's Choice

Try a variety of exercise ideas and formats for 45 minutes! Class style may change week to week.

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.

Announcements:

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