Aquatic Classes New Schedule!
Starts Monday March 9th

	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 8:00 am**
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	Open Pool 2 Laps Available 8:00am-11:30 or 10:30 if Zumba*
8:00am						
9:00am	**Cardio Strength** 9:00-9:45 am	**NEW! Water Neuro-bics** 9:00-9:30 am	**Cardio Strength** 9:00-9:45 am	**Cardio Strength** 9:00-9:45 am	**Cardio Strength** 9:00-9:45 am	
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	**Aqua Zumba** 10:30-11:30am **March 7 & 28** No laps available *Refer to Jana's schedule for variability
11:00am	11am-4:00pm Open Pool 2 Laps Available	11am-1:30pm Open Pool 2 Laps Available	11am-4:00pm Open Pool 2 Laps AvailableOpen	11am-1:30pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available	Pool Closes 11:30am
12:00pm						
1:00pm		**NEW! Cardio, Core, & Balance** 1:30-2:00pm		**NEW! Cardio, Core, & More** 1:30-2:15pm		
2:00pm					Pool Closes at 2:00pm	
3:00pm		**Water Volleyball** 3:00-4:30 One Lap Available		**Water Volleyball** 3:00-4:30 One Lap Available		
4:00pm	**Suspended & Fit** 4:15-5:00pm One Lap Available		**Suspended & Fit** 4:15-5:00pm One Lap Available			
5:00pm	Pool 2 Laps Available	**Aqua Zumba** 5:30-6:30pm No laps Available *Refer to Jana's schedule for variability	**Cardio, Core & More** 5:30-6:15 pm One Lap Available	Open Pool 2 Laps Available		
6:00pm	Pool Closes at 6:30		Pool Closes at 6:30			

CLASS LEGEND

Level 3- Challenging/ High level of mobility

Level 2- Medium

Level 1- Basic movement patterns

Activity/Sport

Contractor Class - Free to SCS members $6 for non-members

Ask our Exercise Specialists what class level is best for you!

Please refer to the schedule for class format changes.
Class format/length may be subject to change due to instructor availability and class size.
The Aquatic Class Schedule may be subject to change.

SCS INC.
Fitness. Aquatics. Activities.

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.

Water Neuro-bics
Water Aerobics crossed with neuro exercises. Work your brain while you work your body! Neuro exercises are great for warding off dementia and Alzheimer's.

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

Cardio, Core, & Balance
Mid-level intensity class that will incorporate cardio and core exercises while targeting balance.

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
Get your groove on! Aqua Zumba is a great and fun way to get your cardio in!
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:
- **Our next "Wellness Programming" days will be Thursday May 7th and Friday May 8th. There will be no Wellness or Aquatic Classes these days, but the Wellness and Aquatic Centers will have normal hours for individual exercise.**
- **If you are a lap swimmer, you MUST sign up for a lap.**
  - **If you cannot make your designated time you MUST call and cancel.**

SCS INC.