



AQUATIC EXERCISE

NEW FAMILY SWIM HOURS: 1st Weekend of the Month: Saturday & Sunday 1:00 PM - 5:00 PM

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00am - 9:00am	Private Water Therapy Session	Therapy Pool	TPA
9:00am - 10:00am	Water Wellness	Therapy Pool	EAAA
9:30am - 10:30am	Aqua Barre & Aqua Yoga	Lap Pool	Leslie Wester
10:00am - 11:00am	Water Wellness	Therapy Pool	EAAA
11:00am - 12:00pm	Private Water Therapy Session	Therapy Pool	TPA
2:00pm - 3:00pm	Private Water Therapy Session	Therapy Pool	TPA
5:30 pm- 6:15pm	NEW* Aqua Boot Camp II (beginning January 7, 2019)	Lap Pool	Jess Greene

NEW

POOLS CLOSED FOR MAINTENANCE & CLEANING 8:30 - 10:00 PM

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00 am- 9:00am	Private Water Therapy Session	Therapy Pool	TPA
9:00am - 10:00am	Water Wellness	Therapy Pool	EAAA
9:30am - 10:30am	Water Works	Lap Pool	Melanie Fires
10:00am - 11:00am	Water Wellness	Therapy Pool	EAAA
11:00am - 12:00pm	Private Water Therapy Session	Therapy Pool	TPA
2:00pm - 3:00pm	Private Water Therapy Session	Therapy Pool	TPA
3:00pm - 4:00pm	Water Wellness	Therapy Pool	EAAA

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00am - 9:00am	Private Water Therapy Session	Therapy Pool	TPA
9:00am - 10:00am	Water Wellness	Therapy Pool	EAAA
9:30am - 10:30am	Deep Water Exercise	Lap Pool – Lane 4	Melanie Fires
10:00am - 11:00am	Water Wellness	Therapy Pool	EAAA
11:00am - 12:00pm	Private Water Therapy Session	Therapy Pool	TPA
2:00pm - 3:00pm	Private Water Therapy Session	Therapy Pool	TPA
3:00pm - 5:00pm	Pediatric Water Therapy	Therapy Pool	KidSpot

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00am - 9:00am	Private Water Therapy Session	Therapy Pool	TPA
9:00am - 10:00am	Water Wellness	Therapy Pool	EAAA
9:30am - 10:30am	Aqua Sprint	Lap Pool	Melanie Fires
11:00am - 12:00pm	Private Water Therapy Session	Therapy Pool	TPA
2:00pm - 3:00pm	Private Water Therapy Session	Therapy Pool	TPA
3:00pm - 4:00pm	Water Wellness	Therapy Pool	EAAA
5:45pm-6:30pm	Tone & Pump	Therapy Pool	Leslie Wester

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00am - 9:00am	Private Water Therapy Session	Therapy Pool	TPA
9:00am - 10:00am	Water Wellness	Therapy Pool	EAAA
9:30am - 10:30am	Aqua Boot Camp	Lap Pool	Jess Greene
10:00am - 11:00am	Water Wellness	Therapy Pool	EAAA
11:00am - 12:00pm	Private Water Therapy Session	Therapy Pool	TPA
2:00pm - 3:00pm	Private Water Therapy Session	Therapy Pool	TPA

Please visit our website at www.stbernardswellness.com

Aquatic Class Descriptions

Aqua Barre: Ballet movements and toning exercises in the weightless environment, making it accessible to everyone.

Aqua Boot Camp: A one hour circuit class that involves water aerobics and water exercise equipment. Participants will be given a variety of exercises to be done in the lap pool at your own pace & your own intensity.

Aqua Boot Camp II: We encourage participants to register for this is a 10 week class. Boot Camp Level II is a high intensity water and land boot camp style class held in the lap pool. This class leads participants through a workout of sports drills, circuits and interval training. Using the multi-directional properties of water and limitless land opportunities, these exercises are designed to improve your strength and stamina. Requirements include, but are not limited to, the ability to exit pool using the wall and swim the length of the pool in any way.

Aqua Sprint: Utilizing the entire length of the pool, participants will jog, walk & perform various water aerobic exercises. Some water exercise equipment may be used depending on the activity given.

Aqua Yoga: Relax in the water performing yoga based stretching and balance exercises to lengthen and ease soreness from daily tasks or exercise.

Deep Water Exercise: Held in lane #4 of the lap pool that is 5.0 feet deep. Water aerobic movements focusing on balance and strength. Using an aqua jogger belt, you will experience the multi-directional resistance of the water in a non-impact environment. *This class is for individuals comfortable in deeper water.*

Tone & Pump: Takes place in the therapy pool. An evening class that focuses on strength movements and toning exercises utilizing water dumbbells, barbells and noodles.

Water Wellness: Takes place in the therapy pool. East Arkansas Area on Aging instructors follow the curriculum of Arthritis Foundation Aquatic Program. Classes will help you to increase joint range of motion, build muscle strength and help reduce pain and stiffness.

Water Works: This cardio class is held in the lap pool using a combination of water aerobics, lap jogging, water weights and noodles with stretching at the end of class. You will gain new skills as you boost your overall fitness by performing basic aquatic moves.

WHY WE LOVE SWIMMING

- ◆ In water, your weight is partially supported and your movements slowed, so you are less likely to injure yourself
- ◆ Water provides multidirectional resistance and adds 12-14% more resistance than land.
- ◆ The decreasing effect of gravity allows the joints to move more easily through a wider range of motion and improve flexibility