



# AQUATIC EXERCISE

**FAMILY SWIM HOURS:** Saturday & Sunday 1:00 PM - 5:00 PM on the first & third weekend of the month

## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00 - 9:00	Private Water Therapy Session	Therapy Pool	TPA
9:00 - 10:00	Water Wellness	Therapy Pool	EAAA
9:30 - 10:30	Aqua Barre & Aqua Yoga	Lap Pool	Leslie Wester
10:00 - 11:00	Water Wellness	Therapy Pool	EAAA
11:00 - 12:00	Private Water Therapy Session	Therapy Pool	TPA
2:00 - 3:00	Private Water Therapy Session	Therapy Pool	TPA
6:00 - 7:00	Water Wellness II	Therapy Pool	EAAA—Cathie Green

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

## TUESDAY

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

## WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:00 - 9:00	Private Water Therapy Session	Therapy Pool	TPA
9:00 - 10:00	Water Wellness	Therapy Pool	EAAA
9:30 - 10:30	Deep Water Exercise	Lap Pool – Lane 4	Melanie Fires
10:00 - 11:00	Water Wellness	Therapy Pool	EAAA
11:00 - 12:00	Private Water Therapy Session	Therapy Pool	TPA
2:00 - 3:00	Private Water Therapy Session	Therapy Pool	TPA
3:00 - 5:00	Pediatric Water Therapy	Therapy Pool	KidSpot
6:00 - 7:00	Water Wellness II	Therapy Pool	EAAA—Cathie Green

## THURSDAY

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

## FRIDAY

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

Please visit our website at [www.stbernardswellness.com](http://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 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 Wellness II:** The next step from Water Wellness. This class has more intensity and repetition with less recovery time. More variety in muscle training, range of motion and balance. Takes place in the therapy pool.

**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