

COOMES RECREATION CENTER



WATER FITNESS SCHEDULE
 2023 – Q1 – January 3-April 8, 2023
 ** No Classes April 2-April 8, 2023 **

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Otter Xtreme 7:05-8:05 AM <i>Parke</i>	Otter Xtreme 7:05-8:05 AM <i>Parke</i>	Otter Xtreme 7:05-8:05 AM <i>Parke</i>	Otter Xtreme 7:05-8:05 AM <i>Parke</i>	Otter Xtreme 7:05-8:05 AM <i>Parke</i>	
	Aqua Tai Chi 7:15-8:00 A.M. <i>Diana</i>			Aqua Tai Chi 7:15-8:00 A.M. <i>Diana</i>	
Cardio Core 9:00-10:00 A.M. <i>L</i>	Riding the Waves 9:00-10:00 A.M. <i>Cathy</i>	Cardio Core 9:00-10:00 A.M. <i>L</i>	Riding the Waves 9:00-10:00 A.M. <i>Cathy</i>	Cardio Core 9:00-10:00 A.M. <i>L</i>	
High Tide 9:00-10:00 AM <i>Margaret</i>		Cardio Splash 9:00-10:00 A.M. <i>Cathy</i>	Silver Sneakers Splash* 9:00-10:00 AM <i>Margaret</i>	Yo-Qua 9:15-10:00 A.M. <i>Jacqui</i>	
	Making Waves 5:15-6:15 PM <i>Dreama</i>		Making Waves 5:15-6:15 PM <i>Dreama</i>		

No knowledge of swimming strokes is required for water classes. However, participants must be water safe (the ability to support oneself until assisted or otherwise reach safety).

Fitness classes are available to members with a Platinum Membership or with the purchase of a fitness pass. Fitness passes are \$25/month and include unlimited classes. Passes may be purchased at the front desk.

*Silver Sneakers Splash – Members whom are eligible for Silver Sneakers participate in these classes free of charge.

Please note: High Tide will be instructed by Cathy for the month of January. Silver Sneakers Splash will not begin until February 2, 2023.

Class Descriptions listed on the back.

Class Descriptions

Aqua Tai Chi *Low-Moderate Intensity, Shallow Water*

- East meets West in this water walking class, perfect for all levels. We focus on how we move our bodies in the water, working opposing muscle groups, toning, balance, and stretching. We use Ai Chi movements to challenge our bodies in different ways.

Cardio Core *High Intensity, Deep Water*

- This program is designed to help maintain personal fitness, tone muscles, and build cardiovascular endurance. Conducted in the deep end of the pool, it is an excellent class for a harder workout with less strain on bones/joints. The class uses floatation belts for support while in the pool.

Cardio Splash *Moderate Intensity, Shallow Water*

- This program is designed to improve overall fitness, including cardio moves, strength training, and flexibility. Suitable for all levels of experience. Come join the fun, and be ready to work out!

High Tide *Moderate Intensity, Shallow Water*

- This class is designed to increase your heart rate, while stimulating and increasing muscle tone and encouraging a healthy lifestyle. This class is appropriate for those just beginning to the intermediate and advanced participants. Grab your towel, and be ready to work and have fun!

Making Waves *Moderate Intensity, Shallow Water*

- A low to moderate intensity shallow water class designed to increase your heart rate, while stimulating and increasing muscle tone and encouraging a healthy lifestyle. This class is appropriate for those just beginning to the intermediate and advanced participants.

Otter Xtreme *High Intensity, Deep Water*

- This program is designed to help maintain personal fitness, tone muscles, and build cardiovascular endurance. Conducted in the deep end of the pool, it is an excellent class for a harder workout with less strain on bones/joints. The class uses floatation belts for support while in the pool.

Riding the Waves *Low Intensity, Deep Water*

- Looking to increase your flexibility and improve your circulation but can't take stress on your joints? We will do a lot of water "bicycling" plus other water aerobics exercises designed to improve your range of motion and overall fitness. The class uses flotation belts plus other buoyancy devices for support while in the pool. Appropriate for all levels of fitness.

Silver Sneakers Splash *Low Intensity, Shallow Water*

- This is a low intensive, low stress water exercise program designed to help those with arthritis or other physical ailments.

Yo-Qua ("Aqua Yoga") *Low Intensity, Shallow Water*

- Curious? Come and enjoy a fun and unique Yoga experience, as we gently move and breathe while in the water! All are welcome; no previous Yoga experience necessary. *Suggested: An additional layer to be worn if needed.