

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00-11:45 OPEN SWIM	5:00-8:00 OPEN SWIM	5:00-11:45 OPEN SWIM	5:00-8:00 OPEN SWIM	5:00-7:30 OPEN SWIM	6:00-1:30 OPEN SWIM	
	8:30-9:15 AQUACISE Alexius	7:40-8:30 AQUAVIT Traci	8:30-9:15 AQUACISE Alexius	7:40-8:30 AQUAVIT Traci	AQUATIC Schedule 	
	9:30-10:15 GENTLE JOINTS Alexius	8:40-9:30 CARDIO SPLASH Traci	9:30-10:15 GENTLE JOINTS Alexius	8:40-9:30 CARDIO SPLASH Traci		
	10:00-6:30 pm OPEN SWIM		10:00-5:30pm OPEN SWIM			
						9:30-1:00 OPEN SWIM
1:00-5:00 PHYSICAL THERAPY NO OPEN SWIM				1:00-5:00 PHYSICAL THERAPY NO OPEN SWIM		1:00-5:00 PHYSICAL THERAPY NO OPEN SWIM
5:00-5:30 OPEN SWIM						
5:30-6:30 PM CARDIO SPLASH AMY		5:00-6:30 OPEN SWIM	5:30-6:30 PM CARDIO SPLASH AMY	5:00-6:30 OPEN SWIM		

- HIIT** Intensely improve cardio, strength & flexibility emphasizing core strength & posture. High Intensity Interval Training (HIIT)
- AQUA GUMBO** Be served a flavorful shallow & deep-water workout bubbling over with fitness.
- CARDIO SPLASH** Improve strength, flexibility & endurance with a great cardiovascular challenge.
- OPEN SWIM** The pool is open for you to perform your individual program.
(Not available during water classes or while therapy patients are in the pool.)
- AQUACISE** Improve strength, flexibility & coordination with low-impact exercise.
- PHYSICAL THERAPY** Exclusively for people in Thomas Hospital's Physical Therapy program.
- SENIOR SPLASH** Improve strength and balance with a splash of cardio conditioning. Fun and safe!
- GENTLE JOINTS** Improve quality of life as you increase joint function, muscle strength, and your energy.

To support and protect your feet, please wear aqua shoes!
Bring a towel and water to class.

THE POOL CLOSSES 30 MINUTES PRIOR TO CLOSING TIME

For your safety, the pool will be closed when lightning is nearby.
REVISED APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15- 6:00 AM BODY SCULPT Robin	5:15- 6:00 AM SPIN Robin	5:15- 6:00 AM BODY SCULPT Robin	5:15-6:00 AM SPIN Robin		8:00- 8:45 AM SPIN Traci
8:00-8:50 AM ST3 Robin	8:00 - 9:00 AM YOGA Robin		8:00 - 9:00 AM YOGA Robin		9:00 AM- 9:45 AM BOOTCAMP Rebecca
8:50- 9:40 SPIN & SCULPT Kim		8:00-8:50 AM ST3 Robin		8:50- 9:40 SPIN & SCULPT Kim	11:00 AM- 11:45 AM STRETCH & TONE Alexius
9:45 – 10:30 AM STEP IT UP Robin		9:45 – 10:30 AM STEP IT UP Robin		10:00 – 10:45 AM CARDIO CIRCUIT Traci	
11:00 – 11:45 PILATES & YOGA Amy	11:00-11:45 AM JUST PUMP Robin			11:00 – 11:45 AM SENIOR FIT Traci	
	12:00-12:45 PM BARRE-LATES Robin				
12:00-12:45 PM CARDIO CIRCUIT Traci	1:15 – 2:00 PM BARRE ASSETS Betsy	12:00-12:45 PM SPIN & SCULPT Traci	12:00-1:00 PM JUST PUMP Robin		
1:00-1:45 PM Silver Sneakers® Betsy	2:15 – 3:00 PM GENTLE YOGA Betsy	1:00-1:45 PM Silver Sneakers® Betsy	1:15 – 2:00 PM BARRE ASSETS Betsy		
		2:00 – 2:45 PM GENTLE YOGA Betsy	2:15 – 3:00 PM GENTLE YOGA Betsy		
	5:30-6:30 SPIN & SCULPT Traci		5:30-6:30 PM SPIN & SCULPT Traci		
				 <p>REMEMBER YOUR TOWEL AND WATER!</p>	

BARRE ASSETS
 BARRE-LATES
 BODY SCULPT/CONDITIONING
 JUST PUMP
 GENTLE YOGA
 SILVER SNEAKERS CLASSIC®
 PILATES
 POWER PACE/SPIN & SCULPT
 STEP 'N STUFF
 STEP IT UP
 TREKKING
 BOOTCAMP
 ST-3

CARDIO CIRCUIT
 STRETCH & TONE

Ballet style workout using the barre and other equipment.
 Barre/Pilates w/aerobic tempo. Emphasis on toning, strengthening, lengthening the body.
 Improves muscular endurance & muscle definition without using choreography.
 Strengthen/tone all the major muscles of the body using a variety of weighted equipment.
 Improves flexibility and balance & reduces stress.
 Uses equipment to improve fitness & functional capacity & improve well being.
 Conditions core muscles for improved posture & balance.
 Spinning bike workout/May also use weights.
 Variety: step, kickboxing, low impact aerobics, mat science, weight training.
 Step/Dance moves with a cardio emphasis.
 Physical conditioning on a treadmill, alternating speeds & inclines.
 Variety: Calorie blasting workout! Weights, cardio, kettlebells....so much more!
 Stretch, strength, stability; non-cardio, body weight workout incorporating standing poses & dynamic body holds
 Strength training class that involves heavy to light weighted exercise with cardio intervals
 Help relax your mind and body with stretching and toning to recover from your week

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