



AQUATIC EXERCISE

MONDAY

8:00 - 9:00 Private Water Therapy Session (TP)
 9:00 - 10:00 Water Wellness (TP) EAAA
 9:30 - 10:30 Water Works (LP) Melanie
 10:00 - 11:00 Water Wellness (TP) EAAA
 11:00 - 12:00 Private Water Therapy Session (TP)
 2:00 - 3:00 Private Water Therapy Session (TP)

TUESDAY

8:00 - 9:00 Private Water Therapy Session (TP)
 9:00 - 10:00 Water Wellness (TP) EAAA
 9:30 - 10:30 Aqua Barre & Aqua Yoga (LP) Melissa
 11:00 - 12:00 Private Water Therapy Session (TP)
 2:00 - 3:00 Private Water Therapy Session (TP)
 3:00 - 4:00 Water Wellness (TP) EAAA
 5:30 - 6:15 Tone & Pump (TP) Melissa

WEDNESDAY

8:00 - 9:00 Private Water Therapy Session (TP)
 9:00 - 10:00 Water Wellness (TP) EAAA
 9:30 - 10:30 Deep Water Exercise (LP) Melanie
 10:00 - 11:00 Water Wellness (TP) EAAA
 11:00 - 12:00 Private Water Therapy Session (TP)
 2:00 - 3:00 Private Water Therapy Session (TP)
 3:00 - 5:00 Pediatric Water Therapy (TP)



FAMILY SWIM HOURS

Saturday & Sunday 1:00 PM - 5:00 PM
First weekend of the month

THURSDAY

8:00 - 9:00 Private Water Therapy Session (TP)
 9:00 - 10:00 Water Wellness (TP) EAAA
 9:30 - 10:30 Circuit Flow (LP) Melanie
 11:00 - 12:00 Private Water Therapy Session (TP)
 2:00 - 3:00 Private Water Therapy Session (TP)
 3:00 - 4:00 Water Wellness (TP) EAAA

Pools Closed for Cleaning 8:30 - 10:00 PM

FRIDAY

8:00 - 9:00 Private Water Therapy Session (TP)
 9:00 - 10:00 Water Wellness (TP) EAAA
 9:30 - 10:30 Aqua Box (LP) Melissa
 10:00 - 11:00 Water Wellness (TP) EAAA
 11:00 - 12:00 Private Water Therapy Session (TP)
 2:00 - 3:00 Private Water Therapy Session (TP)

SATURDAY

No Classes

SUNDAY

No Classes

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

Schedule begins October 30, 2017
 (TP) = Therapy Pool
 (LP) = Lap Pool
 *Fee Based

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 Box: An innovative class, combining the benefits of water resistance with fun and energy of cardio kickboxing. You will gain new skills as you boost your overall fitness performing basic offensive and defensive boxing moves.

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

Circuit Flow: 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.

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 multidirectional 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. 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.

