

APRIL WATER EXERCISE SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30A AQUA CIRCUIT (D) Jillian 8:00A SPLASH FIT (S) Anne 10:00A H2O Water Walking/Running (D/S) Carrie 6:30P SPLASH FIT (D) Gail	2 8:00A AQUA CIRCUIT (D) Anne 9:00A HIIT THE POOL (S) Anne 10:00A YOGA FLOW (W) Carol 6:30P S'WET SHALLOW (S) Carol	3 5:30A SPLASH FIT (D) Lisa 8:00A AQUA BLAST (S) Anne 9:00A SPLASH FIT (D/S) Deby 11:00A LIQUID STRETCH (W) Carol 6:30P S'WET DEEP (D) Carol	4 9:00A SPLASH FIT (D/S) Stephen 10:00A CORE POWER FLOW (S) Michelle 6:00P SPLASH FIT (S) Gail 7:00P YOGA FLOW (W) Lisa	5 5:30A SPLASH FIT (D) Lisa/Carol 8:00A AQUA BLAST (S) Carrie 9:00A AQUA PILATES (W) Michelle 10:00A HIIT THE POOL (D) Carol	6 8:00A SPLASH FIT (S) Stephen 9:00A SPLASH FIT (D) Stephen
7	8 5:30A AQUA CIRCUIT (D) Jillian 8:00A SPLASH FIT (S) Anne 10:00A H2O Water Walking/Running (D/S) Carrie 6:30P SPLASH FIT (D) Gail	9 8:00A AQUA CIRCUIT (D) Anne 9:00A HIIT THE POOL (S) Anne 10:00A YOGA FLOW (W) Carol 6:30P S'WET SHALLOW (S) Carol	10 5:30A SPLASH FIT (D) Lisa 8:00A AQUA BLAST (S) Anne 9:00A SPLASH FIT (D/S) Deby 11:00A LIQUID STRETCH (W) Carol 6:30P S'WET DEEP (D) Carol	11 9:00A SPLASH FIT (D/S) Stephen 10:00A CORE POWER FLOW (S) Michelle 6:00P BARRE SPLASH (S) Gail 7:00P YOGA FLOW (W) Lisa	12 5:30A SPLASH FIT (D) Lisa/Carol 8:00A AQUA BLAST (S) Carrie 9:00A YOGA FLOW (W) Michelle 10:00A HIIT THE POOL (D) Carol	13 SPRING SPLASH SAMPLER 8:00A AQUA ZUMBA EXPRESS (S) JoAnna 8:30A SPLASH FIT (D) Lisa 9:00A BARRE SPLASH (S) Gail 9:30A CORE & STRETCH (S) Carrie 10:00 AQUA BOARD Carrie (Registration required)
14	15 5:30A AQUA CIRCUIT (D) Jillian 8:00A SPLASH FIT (S) Anne 10:00A H2O Water Walking/Running (D/S) Carrie 6:30P SPLASH FIT (D) Gail	16 8:00A AQUA CIRCUIT (D) Anne 9:00A HIIT THE POOL (S) Anne 10:00A YOGA FLOW (W) Carol 5:45P AQUA ZUMBA EXPRESS (S) Zakia 6:30P S'WET SHALLOW (S) Carol	17 5:30A SPLASH FIT (D) Lisa 8:00A AQUA BLAST (S) Anne 9:00A SPLASH FIT (D/S) Deby 11:00A LIQUID STRETCH (W) Carol 6:30P S'WET DEEP (D) Carol	18 9:00A SPLASH FIT (D/S) Stephen 10:00A CORE POWER FLOW (S) Michelle 6:00P BACK TO THE 80'S SPLASH FIT (S) Gail 7:00P YOGA FLOW (W) Lisa	19 5:30A SPLASH FIT (D) Lisa/Carol 8:00A AQUA BLAST (S) Carrie 9:00A YOGA FLOW (W) Michelle 10:00A HIIT THE POOL (D) Carol	20 SWIM MEET
21 SWIM MEET	22 5:30A AQUA CIRCUIT (D) Jillian 8:00A SPLASH FIT (S) Anne 10:00A H2O Water Walking/Running (D/S) Carrie 6:30P SPLASH FIT (D) Gail	23 8:00A AQUA CIRCUIT (D) Anne 9:00A HIIT THE POOL (S) Anne 10:00A YOGA FLOW (W) Carol 6:30P S'WET SHALLOW (S) Carol	24 5:30A SPLASH FIT (D) Lisa 8:00A AQUA BLAST (S) Anne 9:00A SPLASH FIT (D/S) Deby 11:00A LIQUID STRETCH (W) Carol 6:30P S'WET DEEP (D) Carol	25 9:00A SPLASH FIT (D/S) Stephen 10:00A CORE POWER FLOW (S) Michelle 6:00P BARRE SPLASH (S) Gail 7:00P YOGA FLOW (W) Lisa	26 9:00A YOGA FLOW (W) Michelle SWIM MEET	27 SWIM MEET
28 SWIM MEET	29 5:30A AQUA CIRCUIT (D) Jillian 8:00A SPLASH FIT (S) Anne 10:00A H2O Water Walking/Running (D/S) Carrie 6:30P SPLASH FIT (D) Gail	30 8:00A AQUA CIRCUIT (D) Anne 9:00A HIIT THE POOL (S) Anne 10:00A YOGA FLOW (W) Carol 6:30P S'WET SHALLOW (S) Carol				

REMINDERS:

- Classes are open to all members.
- No registration required for any classes except for Aqua Board.
- Class duration is 50 minutes unless otherwise specified.
- Class schedules are subject to change.

Class Capacities:

- Shallow Classes (S): 30
- Deep Classes (D): 30
- Yoga Flow (W): 12
- H2O Run/Walk (D/S): 30/15





WATER EXERCISE CLASS DESCRIPTIONS

SHALLOW/DEEP

Aqua Circuit

Reap all the benefits of cardio and strength exercises in the natural resistance of water through a circuit workout format. This class will help you build muscle tone and stamina while working at your own level of intensity.

Aqua Pilates

This water fitness class targets core endurance and strength, which helps your class participants with all of their exercise and daily activities.

Aqua Yoga Fusion

This class offers all the elements of a cardio and strength aqua class in addition to the mindfulness and flow of a yoga practice. You can improve your muscle strength, balance, and flexibility with this total body workout.

Barre Splash

Join us in the pool for a total body low impact, high intensity workout using ballet inspired movement to promote strength, stability, and flexibility. Add a "splash" of cardio and enjoy barre with a twist!

Hit the Pool

Ready to take your aqua workouts to the next level? Try HIIT! This workout is accentuated by brief (10 seconds, 15 seconds, or more) bursts of higher intensity movements that increase both cardio and strength results. High and low intensity options are always available!

H2O Running/Walking

Adding water running or walking to your overall training plan can increase cardio output and muscular strength while minimizing the wear and tear on your body. It's an effective cross training tool for running races or daily function. Join us with a belt in the deep water for running or without a belt in the shallow water for walking.

Core Power Flow

Focused entirely on the core, Aqua Pilates workout features creative exercises that include challenging planking and teaser sequences. This water fitness class targets core endurance and strength, which helps you with exercise and daily activities.

Splash Fit

Challenge yourself with a combination of past and present fitness trends and blend them for a workout that improves cardiorespiratory fitness, enhances strength and endurance while challenging your core the entire time.

S'WET Shallow

Come S'WET with us in the pool! Structured Water Exercise Training is designed to incorporate unique blocks of activity, each with a specific purpose, focused on H.I.I.T., strength, advanced cardio, and plyometric training.

S'WET Deep

S'WET DEEP is a innovative aquatic training program that focuses on suspended work, reducing joint impact and optimizing muscle contractions through structured deep water exercises and movements. SWET DEEP utilizes steady state conditioning, isolation work, and strategic body angles to effectively strengthen the core and ensure a comprehensive full-body water workout.

WELLNESS

Liquid Stretch

Join us in the warmth of the Wellness Pool for a slow, gentle full-body stretch. Introductory gentle yoga poses will also be introduced to help you increase your flexibility and improve your range of motion. Limited spaces are available in the Wellness Pool. Arrive early. Class capacity is set at 12.

Yoga Flow

Looking to increase your range of motion? Join us in the warmth of the Wellness Pool for this yoga-based, low impact, mindful class format set against the backdrop of water to support you in improving balance, flexibility and increased range of motion. Limited spaces are available in the Wellness Pool. Arrive early. Class capacity is set at 12.