

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SPECIAL EVENTS

LUAU THEMED WATER AEROBICS SAMPLER

SATURDAY SEPTEMBER 7 • 8A - 9:30A • RECREATION POOL

Mark your calendars!

Pull out your Aloha Wear and sample a variety of Water Aerobics classes!

	<p>4</p> <p>DEEP 5:30A • GRETCHEN</p> <p>SHALLOW 8:00A • ANNE</p> <p>DEEP 10:00A • SHARON</p> <p>DEEP 7:00P • GAIL</p>	<p>5</p> <p>SHALLOW 8:00A • ANNE</p> <p>DEEP 10:00A • ANNE</p> <p>SHALLOW 7:00P • LISA</p>	<p>6</p> <p>AQUA BLAST (S) 8:00A • JILLIAN</p> <p>DEEP 10:00A • ANNE</p> <p>SHALLOW 7:00P • LISA</p>	<p>7</p> <p>DEEP 5:30A • LISA</p> <p>SHALLOW 8:00A • ANNE</p> <p>DEEP 10:00A • SHARON</p> <p>AQUA YOGA 7:00P • MICHELLE</p>	<p>8</p> <p>SHALLOW 8:00A • SHARON</p> <p>DEEP 10:00A • ANNE</p> <p>SHALLOW 7:00P • GRETCHEN</p>	<p>9</p> <p>DEEP 5:30A • CAROL</p> <p>SPLASH FIT (S) 8:00A • CARRIE</p> <p>DEEP 10:00A • CAROL</p>	<p>10</p> <p>SWIM MEET // NO CLASSES</p> <p>TABATA (S) 8:00A • CAROL</p>
	<p>11</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>12</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>13</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>14</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>15</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>16</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>17</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>
<p>18</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>19</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>20</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>21</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>22</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>23</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>24</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	
<p>25</p> <p>POOL CLOSED FOR CLEANING // NO CLASSES</p>	<p>26</p> <p>DEEP 5:30A • GRETCHEN</p> <p>SHALLOW 8:00A • ANNE</p> <p>DEEP 10:00A • SHARON</p> <p>DEEP 7:00P • JILLIAN</p>	<p>27</p> <p>AQUA BLAST (S) 8:00A • JILLIAN</p> <p>DEEP 10:00A • ANNE</p> <p>SHALLOW 7:00P • LISA</p>	<p>28</p> <p>DEEP 5:30A • LISA</p> <p>SHALLOW 8:00A • ANNE</p> <p>DEEP 10:00A • SHARON</p> <p>AQUA YOGA (W) 7:00P • CAROL</p>	<p>29</p> <p>SHALLOW 8:00A • SHARON</p> <p>DEEP 10:00A • ANNE</p> <p>SHALLOW 7:00P • GAIL</p>	<p>30</p> <p>DEEP 5:30A • CAROL</p> <p>SPLASH FIT (S) 8:00A • CARRIE</p> <p>DEEP 10:00A • JILLIAN</p>	<p>31</p> <p>AQUA BLAST (S) 8:00A • LISA</p>	

***Pass needed from the front desk to join water exercise classes. 10 min grace period. Passes are available up to one hour in advance of class start time and are distributed on a first come, first served basis. Class duration is 50 min unless otherwise specified. Class schedules are subject to change.



CENTER HOURS
 M - F • 5A - 10P
 SAT • 7A - 7P
 SUN • 9A - 6P

J-CLUB HOURS
 M-TH • 8:30A - 1P & 4P - 8:30P
 FRI • 8:30A - 1P & 4P - 8P
 SAT • 8:30A - 1P
 SUN • 9A - 1P

WATER AEROBICS SCHEDULE

AUGUST 2019

WATER AEROBICS CLASS DESCRIPTIONS

AQUA BLAST

3...2...1...Blast Off! Come experience a tidal wave of energy and excitement in the pool while improving your cardio fitness levels utilizing the resistance of water! This class offers continuous medium to high intensity endurance training with plyometrics, various traveling patterns, interval training, and suspension moves.

AQUA YOGA

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 available in the Wellness Pool. Arrive early. Class capacity is set at 10 people max.

DEEP

Jump start your day with a Deep Water Workout! This class emphasizes the use of noodles, hand buoys, and body weight to maximize the cardio and strength benefits of a full body workout in the natural resistance of the deep water. Water Belts are available for use if needed.

SHALLOW

Ready for some FUN and FITNESS in the shallow of the Recreation Pool?
Try the Shallow Water Workout! This is a dynamic total body workout with a particular focus on continuous cardio movements with noodles, hand buoys, body weight and FUN partner work in the shallow Recreation Pool.

SPLASH FIT

Just as a mixed salad is healthy for you, "Splash Fit" also takes the best of past and present fitness trends and blends them for a workout that improves cardiorespiratory fitness, enhances strength and endurance while challenging your core the entire time.

TABATA

If you like HIIT type workouts, you'll enjoy Tabata. Tabata training is one of the most popular forms of high-intensity interval training. It's a fun workout that is easy on the joints. Eight rounds of high-intensity exercise are performed in a specific "20 seconds on, 10 seconds off" interval with all the fun of water and the benefits of resistance. Start today and reap the benefits of interval training!



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