



# OUTDOOR POOL COMPLEX SCHEDULE

MON - FRI 7:00 AM- 8:00 PM | SAT - SUN 8:00 AM - 8:00 PM

Baby Pool Opens SUN, TUE, THUR, SAT at 11:00 AM | MON, WED, FRI at 12:30 PM

Snack Shack Open Daily 12:00 - 6:00 PM

The deep end and limited lap lanes are open during classes unless otherwise noted.

<b>MONDAY</b>	7:30 - 9:00 AM	<b>Swim Team</b>
	9:10 - 10:00 AM	<b>Hydro Muscles</b>
	10:00 AM - 2:30 PM	<b>Camp Centerland</b>
<b>TUESDAY</b>	9:30 AM - 10:00 AM	<b>Ai Chi</b>
	10:10 - 11:00 AM	<b>Aquacise</b>
	1:30 - 2:15 PM	<b>Flexercise</b>
<b>WEDNESDAY</b>	7:30 - 9:00 AM	<b>Swim Team</b>
	9:10 - 10:00 AM	<b>Hydro Muscles</b>
	10:10 - 11:00 AM	<b>Float Fitness</b>
<b>THURSDAY</b>	9:30 - 10:00 AM	<b>Ai Chi</b>
	10:10 - 11:00 AM	<b>Water in Motion</b>
	1:30 - 2:15 PM	<b>Flexercise</b>
<b>FRIDAY</b>	7:30 - 9:00 AM	<b>Swim Team</b>
	9:10 - 10:00 AM	<b>Hydro Muscles</b>
	10:00 AM - 2:30 PM	<b>Camp Centerland</b>
<b>SATURDAY</b>	9:10 - 10:00 AM	<b>Water in Motion</b>
	10:00 - 10:30 AM	<b>Ai Chi</b>

• You may use the MY J app to make Aquatics Group Fitness reservations •

# AQUATICS CLASS DESCRIPTIONS

## AQUATIC FITNESS

### AI CHI

Water-based total body strengthening and relaxation progression that integrates mental, physical and spiritual energy. It combines Tai-Chi concepts with Shiatsu and Watsu techniques and is performed in shoulder-deep water using a combination of breathing and slow, broad movements of the arms, legs and torso.

### AQUACISE

Low intensity workout: flexibility, balance, and light cardiovascular training.

### FLEXORCISE

Walking, stretching, and range of motion exercises for those with joint or other issues.

### FLOAT FITNESS

This is a majority deep water suspended class with cardio, core and resistance training.

### HYDRO MUSCLES

A shallow and deep-end cardiovascular muscle conditioning workout. Working the entire body by utilizing different pieces of equipment and the resistance of the water.

### HYDRORIDER

Burn calories in the water with this low impact, high resistance aqua spin bike!

### WATER IN MOTION

With land equivalent intensity and fantastic music, enjoy the pure fun of this pre-choreographed group aqua exercise program.

### AQUA CARDIO BLAST

All ages and fitness levels will enjoy this workout! Short intervals of cardio exercise at your own pace mixed with stretching and rest.

### WATER AEROBICS

General cardio and resistance training for the upper & lower body in the water.

### WATER MUSCLES

High intensity muscular endurance and cardiovascular training in the water.

**Use the MY J App to make reservations for aquatics group fitness classes!**



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