

# Wolfe Center Therapy Pool

## Aquatic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 am	Lap Swim	Water Walk	Lap Swim	Water Walk	Lap Swim	Water Walk
9:00 - 10:00 am	Water Walk	Aqua Tone & Fit (DiDi)	Water Walk	Aqua Tone & Fit (DiDi)	Advanced Aqua Fit (Pearlena)	Lap Swim
10:00 - 11:00 am	Advanced Aqua Fit (Pearlena)	Lap Swim	Advanced Aqua Fit (Pearlena)	Lap Swim	Water Walk	Aqua Dance (Yvette)
11:00 am - noon	H2O Flow (Pearlena)	Water Rhythms (Yvette) *11:15 start	H2O Flow (Pearlena)	Water Walk	Lap Swim	Aqua Boot Camp (Marilyn)
12:00 pm - 1:00 pm	Water Rhythms (LeJeanne)	Ai Chi (Karon) *12:15 start	Noodlin' It with (Yvette)	Ai Chi (Karon) *12:15 start	Water Walk	Water Walk
1:00 - 2:00 pm	Water Walk	Hip, Knee and Back Class (Karon)	Water Walk	Hip, Knee and Back Class (Karon)	Lap Swim	Lap Swim
2:00 - 3:00 pm	Lap Swim	Water Walk	Lap Swim	Water Walk	lap swim ends @ 1:45 on Fri and Sat	
3:00 - 4:00 pm	Aqua Boot Camp (Marilyn)	Aqua Boot Camp (Marilyn)	Aqua Boot Camp (Marilyn)	Aqua Boot Camp (Marilyn)		
4:00 - 5:00 pm	Aqua Tone & Stretch (Barbara)	Water Walk	Aqua Tone & Stretch (Barbara)	Water Walk		
5:00 - 5:45 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:45 - 6:45 pm	Advanced Aqua Fit (Melinda)	Advanced Aqua Fit (Melinda)	Water Walk	Advanced Aqua Fit (Melinda)		

Please arrive to class on time. You will not be allowed to enter a class if you are more than 10 minutes late.

## Class Descriptions

**Ai Chi:** A water exercise and relaxation program using a combination of deep breathing and slow movements of arms, legs, and torso in flowing patterns. Continual circular movements create an external feeling of harmony with repetition becomes internal.

**Hip, Knee, & Back:** This class is designed for individuals who need to strengthen muscles around the hip, knees, and back. Class emphasizes balance, core strength, body conditioning, and the prevention of pain.

**Aqua Tone & Fit:** This class consists of easy marching movements, water walking patterns, and basic water fitness stretches. Class is designed for beginners or individuals looking for low impact aqua aerobics and aqua therapy.

**H2O Flow:** This class consists of a range of movements to help lube joints and gently stretch muscles. This class is a great choice for those patrons suffering with arthritis.

### **Advanced Aqua**

**Fit:** This class is designed for those who are physically fit and very active. Class consists of upper and lower body strength training using water resistance equipment, water Pilates, and aqua yoga to improve core balance and strength. High energy cardio movements guaranteed to raise your heart rate and boost metabolism.

**Aqua Boot Camp:** Class consists of basic boot camp type exercises, jumping jacks, Nordic track lunges, high energy jogging and specific exercises designed to get you whipped into shape.

### **Aqua Tone &**

**Stretch:** A great basic beginner's class consisting of easy water walking patterns, stretching and toning exercises, with a concentration on core strength and balance. Aquatic resistance equipment used during this class.

**Aqua Dance:** A high energy aqua dance class. Hot Latin music guaranteed to get your feet moving and your heart pumping. Participating in this class helps increase cardio endurance, core balance, and muscle tone.

**Water Rhythms:** A class that promises to moderately challenge and develop your endurance, flexibility, muscle strength and toning.

**Easy Tone & Fit:** Basic beginners class. Easy movements through water with basic toning exercises and stretches.

### **Noodlin' It with**

**Yvette** The noodles can be a great asset to any water workout. Join Yvette for this fun class that will be incorporating noodles. This class will have cardio aspects as well as toning aspects.

Please  
arrive  
to class  
on time.  
You will  
not be  
allowed  
to enter  
a class  
if you  
are  
more  
than 10  
minutes  
late.