

AQUATIC FITNESS CLASSES- Main Facility

Effective 1/18/10

Monday	Cardio Power Plunge 8:00-9:00am	Liquid TNT 9:00-10:00am	Aqua Fit 10:00-11:00am	Swim Speed Clinic 4:30-6:30pm	Strength & Balance 6:00- 6:30pm	Gentle Joints 6:30-7:30pm
Tuesday	Strength & Balance 8:00-8:30am	Gentle Joints 8:30-9:30am	Athritis Aquatics 9:30-10:30am	Power Aqua 5:30-6:30pm	Gentle Joints 6:00- 7:00pm	Mothers in Motion 6:30-7:30pm
		Liquid TNT 8:30-9:30am	Gentle Joints (hip & back) 10:30-11:00am			
Wednesday	Cardio Power Plunge 8:00-9:00am	Gentle Joints 8:00-9:00am	Liquid TNT 9:00-10:00am	Swim Speed Clinic 4:30-6:30pm	Strength & Balance 6:00-6:30pm	Gentle Joints 6:30- 7:30pm
			Aqua Fit 10:00-11:00am			
Thursday	Strength & Balance 8:00-8:30am	Gentle Joints 8:30-9:30am	Arthritis Aquatics 9:30-10:30am	Gentle Joints (hip & back) 10:30-11:00am	Power Aqua 5:30-6:30pm	Mothers in Motion 6:30-7:30pm
		Liquid TNT 8:30-9:30am			Gentle Joints 6:00-7:00pm	
Friday	Cardio Power Plunge 8:00-9:00am	Liquid TNT 9:00-10:00am	Aqua Fit 10:00-11:00am			
Saturday	H ² O Interval 9:00-10:00am	Mothers In Motion 10:30-11:30am			352-377-4955 Schedule Available at GHFC.com	

ARTHRITIS AQUATICS- This class is designed to increase strength, flexibility, and endurance without undue stress on the joints.

AQUA FIT -- A wide range of exercise with varying intensities. Each class covers the essentials of cardio exercise, resistance, and flexibility. The use of aquatic fitness equipment allows you to utilize the resistance of water and personalize your workouts to meet your fitness level.

CARDIO POWER PLUNGE-- The perfect lo-impact class for people needing a hard-core workout. Modifications will be shown to accommodate all fitness levels.

H²O INTERVAL--An interval aqua class that alternates between aerobic activity and anaerobic sculpting. This class is designed to keep the body in its aerobic fat burning stage while pushing it to its anaerobic threshold. Equipment is used to increase and decrease intensity.

Gentle Joints--A stretch class in the hot therapy pool. Certified instructors will guide you through a variety of stretches in our soothing 93 degree therapy pool. The warmth and buoyancy of warm water make it a safe, ideal environment for relieving arthritis pain and stiffness. Class is limited to **6 participants**.

LIQUID TNT--An Intermediate to advanced class that will provide a challenging total body workout.

MOTHERS IN MOTION-- This class provides fun, safe exercise in a comfortable environment with other mothers-to-be.

POWER AQUA--An intense cardiovascular water class. This class uses a variety of movements and intensity levels to challenge even the most advanced students. This class also adds resistance training with the use of various equipment.

STRENGTH & BALANCE--Held in the warm therapy pool. Focus will be on improving core strength through proper breathing techniques as well as increasing strength, balance and flexibility. Appropriate for all fitness levels including those with limited mobility. Limited to **10 participants**.

SWIM SPEED CLINIC--A sprint oriented swimming experience. This class provides technique tips to help increase swimming turnover rate, stroke efficiency and overall strength.



CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE

NOTE: Pool shoes are recommended for all aqua classes