

# AQUATIC FITNESS CLASSES- Main Facility

Effective 5/3/10

Monday	Cardio Power Plunge 8:00-9:00am	Liquid TNT 9:00-10:00am	Swim Speed Clinic 4:30-6:30pm	Mothers In Motion 5:00-6:00pm	*Strength & Balance 6:00- 7:00pm	*Gentle Joints 7:00-7:30pm
	*Strength & Balance 8:00-8:30am	Aqua Fit 10:00-11:00am				
Tuesday	*Strength & Balance 8:00-8:30am	*Gentle Joints 8:30-9:30am	Athrits Aquatics 9:30-10:30am	Power Aqua 5:30-6:30pm	*Gentle Joints 5:30- 6:30pm	*Strength & Balance 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	Liquid TNT 9:00-10:00am	Aqua Fit 10:00-11:00am	Swim Speed Clinic 4:30-6:30pm	Mothers In Motion 5:00-6:00pm	*Strength & Balance 6:00-7:00pm
	*Strength & Balance 8:00-9:00am					*Gentle Joints 7:00- 7:30pm
Thursday	*Strength & Balance 8:00-8:30am	*Gentle Joints 8:30-9:30am	Arthritis Aquatics 9:30-10:30am	Power Aqua 5:30-6:30pm	*Gentle Joints 5:30-6:30pm	*Strength & Balance 6:30-7:30pm
		Liquid TNT 8:30-9:30am	*Gentle Joints(hip & back) 10:30-11:00am			
Friday	*Strength & Balance 8:00-8:30am	Cardio Power Plunge 8:00-9:00am	Liquid TNT 9:00-10:00am	Aqua Fit 10:00-11:00am		
Saturday	H <sup>2</sup> 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.

**H<sup>2</sup>O 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**--A fast-paced workout for intermediate to advanced levels. This class provides both cardio & muscular training while emphasizing proper form for improving core and total body strength.

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

**POWER AQUA**--This intense class will challenge even the most advanced participants. Proper form is emphasized while using a variety of equipment to increase total body strength & endurance.

**STRENGTH & BALANCE**--A total body conditioning class held in the warm therapy pool. The emphasis is on proper form, core strength and breathing. Participants will improve muscular strength, joint flexibility and balance. Appropriate for all fitness levels including those with limited mobility.

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



\* Class takes place in warm therapy pool

NOTE: Pool shoes are recommended for all aqua classes

CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE