

AQUATIC FITNESS CLASSES- Main Facility

Effective 1/16/12

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	*Full Body Stretch 7:00-7:30pm
	*Strength & Balance 8:00-9:00am	Aqua Fit 10:00-11:00am			H2O Interval 6:30-7:30pm	
Tuesday	Aqua Zumba 6:00-6:45am	*Gentle Joints 8:30-9:30am	Arthritis Aquatics 9:30-10:30am	*Strength & Balance 4:30-5:30pm	*Strength & Stretch 5:30- 6:30pm	*Strength & Balance 6:30-7:30pm
		Liquid TNT 8:30-9:30am	*Gentle Joints (hip & back) 10:30-11:00am	Power Aqua 5:30-6:30pm	Hydro Power Hour 6:30- 7:30pm	Aqua Zumba 7:30-8:15pm
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	H2O Interval 6:30-7:30pm
	*Strength & Balance 8:00-9:00am				*Strength & Balance 6:00-7:00pm	*Full Body Stretch 7:00- 7:30pm
Thursday	Aqua Zumba 6:00-6:45am	*Gentle Joints 8:30-9:30am	Arthritis Aquatics 9:30-10:30am	*Strength & Balance 4:30-5:30pm	Power Aqua 5:30-6:30pm	*Strength & Balance 6:30-7:30pm
		Liquid TNT 8:30-9:30am	*Gentle Joints(hip & back) 10:30-11:00am		*Strength & Stretch 5:30-6:30pm	Aqua Zumba 7:30-8:15pm
Friday	*Strength & Balance 8:00-9:00am	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	*Strength & Balance 9:00-10:00am	*Full Body Stretch 10:00-10:30am	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.

Aqua Zumba--A "pool party" workout for all ages. The Zumba philosophy integrates with traditional aqua fitness.

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

FULL BODY STRETCH-- Enjoy the benefits of a complete stretch in the comfortable environment of the warm therapy pool. Class is limited to 6 participants.

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.

HYDRO POWER HOUR--An intense boot camp interval class that will push you out of your comfort zone. Equipment is used throughout the class to stimulate muscle growth while keeping your heart rate up.

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 & STRETCH--A full body stretch class in the warm therapy pool that also incorporates strengthening exercises to improve posture & balance. The warmth and buoyancy of the water make it a safe, ideal environment for relieving muscle pain and joint stiffness. Appropriate for all ages.

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