

Water Aerobics—Another Exercise Option

Water aerobics offers a low impact workout with lots of options. You can adjust your workout level by choosing the speed and size of your movements while still getting the benefits of group exercise. You do not have to be able to swim. Conservative swimwear is encouraged to avoid wardrobe malfunction during the more vigorous classes. Classes are taught in both indoor pools. The Fitness Pool water is warmer than the Competition Pool.

Competition Pool Classes

- 7:30 to 8:30 a.m. Tuesday/Thursday (Becky Ward)
Up and 'Atom': This is active class that practices “heart healthy” by working at a high level for 40 minutes. The goal is to get the heart rate up by jogging or sprinting during this time with a variety of arm and leg exercises. Bar bells and noodles are used in toning toward the end of class.
- 8:30 to 9:00 a.m. Tuesday/ Thursday (Becky Ward)
Aqua Jog: This is a short intense class takes place in the deep end of the competition pool and each participant wears a belt to keep them afloat. Each lap is different exercise toning and shaping various muscles. The class is not for the meek and you will be ready to rest after 30 minutes! This is a workout that will work for you!
- 9:00 to 10:00 a.m. Tuesday /Thursday (Dawn Owens)
- 5:30 p.m. Fridays (Dawn Owens)
Water Fitness: This class is for serious aerobic exercisers from beginner to advanced capabilities. Class format is warm-up, cardiopulmonary work, strength training and then a cool down and stretching. Exercises vary from shallow water to deep water. You do not have to be able to swim. All exercises can be modified to suit each members needs.
- 6:30 to 7:15 p.m. Monday/Wednesday (Amy Haga)
Finning: This is a moderate to high intensity class utilizing all areas of the body. Fins and water gloves are used to create resistance in the water as specific lap exercise are performed. Individuals need to be comfortable with swimming in order to fully participate in the class, since the full length of the pool is utilized. Participants will focus on cardiovascular training as well as

strengthening the arms, core and legs. The class has some fins that individuals may use, but we recommend that you bring your water gloves and fins to insure that you have the correct size.

- 10 to 11:00 a.m. Tuesday/Wednesday/Friday (Cheryl)
Finning: A faster paced cardio water class where participants have fins on their feet and webbed gloves on their hands while swimming different kinds of laps. If you get bored with swimming laps, come join us and learn a back ward seated flutter kick and many other new ways of swimming laps. The fins and gloves provide extra resistance for a cardio workout along with resistance training. We have some fins and gloves for you to try out.
- 9:00 to 10:00 a.m. Monday/ Wednesday (June Bryngelson)
- 10:00 to 11:00 a.m. Monday/ Wednesday (Bonnie Belanger)
Cardio Water Aerobics: After a warm up, we aim for at least 30 minutes of aerobic activity each hour. We use various other moves to get a good workout and conclude each session with stretches. Most people still have enough breath to visit with each other and have fun. We frequently use noodles, water weights and kickboards to vary the exercises and concentrate on different body areas. A key component is that each person adjusts the moves and speed to make sure that his or her individual exercise goals and needs are met.
- 6:30 to 7:30 p.m. Tuesday/Thursday (Marilyn Harren)
Water fitness: The class consists of a walking and stretching warm-up and then moving into more aerobic level activity incorporating water weights. After working on themed-range aerobic level, we move to a more strenuous higher level aerobics using kicking, jumping jacks and sprints. After moving back to the mid-level aerobics, we work on stomach crunches, leg work and arm work. Then we do a cool down phase with stretching.

Fitness Pool Classes

- 8:00 to 9:00 a.m. Monday/Wednesday/ Friday (Vanessa Myers)
- 9:00 to 10:00 a.m. Thursday (Vanessa Myers)
Water fitness: This class is a moderate aerobic class with stretching, balance and water weights.
- 8:00 to 9:00 a.m. Tuesday/Thursday (Marie Provencher)
- 10:00 to 11:00 a.m. Monday/Wednesday (Marie Provencher)
Fitness with Fun: This class is taught with music and is a hi/lo impact water aerobics, stretches, walking, jogging, deep end exercises and water weights. Most of the exercises taught are from the arthritis foundation. If you are looking for fitness, funs and new friends this is the class for you.

- 11:00 to 12:00 a.m. Wednesdays (Vicki Smith)
- 11:00 to 12:00 a.m. Monday/Tuesday/Thursday/Friday (Peggy Trussell)
- 5:30 to 6:30 p.m. Monday/ Wednesday (Joan Warner)

Arthritis Aquatics: This program that works with the arthritis foundation, offering various endurance and range of motion exercise that increase circulation and mobility. These exercises, in the warm water, are a way to gently exercise joints and muscles. Come join the fun and let's try to keep "old arthritis" at bay.

- 9:00 to 10:00 a.m. Monday/Wednesday/Friday (Julia Bugh)

Upsy Daisy Class: Moderate exercises in a warm pool. This class is led by an instructor who is living proof that regular exercise is the fountain of youth. This class does stretching, water weights and some deep end work.

- 5:00 to 6:30 p.m. Tuesday/Thursday (Becky Warren)

Water fitness: It is a 1 ½ hours in length, runs the gamut of deep water and shallow, from stretching and weight training to intense aerobic work outs in both the shallow and the deep end. However, the class can be enjoyed by everyone as the exercises can be modified for a variety of levels, moderate to intense.