



# Aqua Class Schedule 2020

Updated January 2, 2020

Warm Water Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:30-6:15am <i>Aqua Fit</i> -Charmaine		7:30-8:25a <i>Aqua Fit</i> -Dawn G.	
8:00-9:00a <i>Aqua Fit</i> -Sharon		8:00-9:00a <i>Aqua Fit</i> -Sandra		8:00-9:00a <i>Aqua Fit</i> -Sharon	8:30-9:25a <i>Aqua Fit</i> -Dawn G.	
9:15-10:15a <i>Aqua Fit</i> -Sharon	9:15-10:15a <i>Aqua Fit</i> -Charmaine	9:15-10:15a <i>Aqua Fit</i> -Sandra	9:15-10:15a <i>Aqua Fit</i> -Rotation	9:15-10:15a <i>Aqua Fit</i> -Sharon		
10:30-11:30a \$\$ <i>Arthritis Aqua</i> -Mary Lynn	11:00-11:45a <i>H2Overload</i> -Sandy	10:30-11:30a \$\$ <i>Arthritis Aqua</i> -Mary Lynn	11:00-11:45a <i>H2Overload</i> -Sandy		10:00-10:45a \$\$ <i>Beginner Adult Swim</i> -Chris	11:00-12:00p <i>Aqua Fit</i> -Linda H
12:15-1:00p <i>Aquata Tabata</i> -Alexandra				<b>Special Class Schedule for the Holidays</b>  <b>Tuesday, December 24th:</b> 9:30am Aqua Fit with Sandra <b>Wednesday, December 25th</b> The Center is Closed <b>Thursday, December 26th:</b> 11:00am H2O Overload with Sandy 5:30pm Aqua Fit & 6:15pm Pool Volleyball with Mary Lynn  <b>Tuesday, December 31st:</b> No Aqua Classes Scheduled <b>Wednesday, January 1st:</b> 10:00am Aquata Tabata with Alexandra <b>Thursday, January 2nd:</b> No 5:30am Aqua Fit Class		
	5:30-6:30p <i>H2O Bootcamp</i> -Mary Lynn		5:30-6:15p <i>Aqua Fit</i> -Mary Lynn			
5:30-6:00p <i>H2O Cardio</i> -Mary Lynn		6:45-7:30p \$\$ <i>Beginner Adult Swim</i> -Chris	6:15-7:30p <i>Pool Volleyball</i> -Mary Lynn			
Lap Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Please note: The first lane of the Lap Pool may be used for Aqua Class overflow, especially during the 9:15am &amp; 11am classes.</b>						
	Tuesday 1/21 6:00-6:45p <i>*GlideFit ONE DAY CLASS</i> -Charmaine		7:00-7:30a \$\$ <i>*GlideFit</i> -Charmaine		10:15-10:45a \$\$ <i>*GlideFit</i> -Nicole	
1:00-1:30p \$\$ <i>*GlideFit</i> -Charmaine	1:00-1:30p \$\$ <i>*GlideFit</i> -Nicole	Wednesday 1/8 12:15-1:00p <i>*GlideFit ONE DAY CLASS</i> -Charmaine			Saturday 1/18 11:30a-12:15p <i>*GlideFit ONE DAY CLASS</i> -Charmaine	
				<b>Special Program Classes in the Pool</b>  Please note that 1 to 2 lanes will be available for lap swimmers during these class times.  LCF is proud to meet the needs of our entire membership. Cooperation with lane sharing during busy swim times and special program class times is appreciated.		
6:00-6:45p <i>Deep H2O</i> -Mary Lynn		6:00-6:45p \$\$ <i>Intermediate Adult Swim</i> -Chris				
6:15-7:00p \$\$ <i>Advanced Adult Swim</i> -Chris						

\$\$ Special Program Classes have a fee and require pre-registration. \*GlideFit requires class set up/breakdown 10 minutes before and after listed time. Visit the Member Service Desk for more information.

Aqua classes come with your membership and there is no sign up. Some classes may overflow into the first lane of the lap pool.

Lane sharing is required during busy lap swimming times and during special program classes.

When class begins refrain from having conversations with other participants. No reserved spots during class.

Soap Shower required by all pool participants. No heavy lotions or perfumes allowed.

Class formats, times, & instructors subject to change without notice.

Classes with low attendance subject to cancellation. Updates will be posted in advance when possible.

## AQUA CLASS DESCRIPTIONS

The Group Fitness Schedules are available at the Member Service Desk and at our website [www.loyolafitness.org](http://www.loyolafitness.org)

**Aqua Fit- All Levels** - Use the water's resistance and buoyancy for an aerobic and muscle conditioning workout with reduced impact on your joints. Equipment such as noodles, dumbbells and aqua gloves may be used to enhance the workout.

**Aquata Tabata**- This class combines 4-minute exercise sequences to give you a full body workout. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast calories and work muscles!

**Deep H2O**- Take the plunge! Deep water exercise will challenge your muscle strength and endurance while providing a great cardiovascular workout. Equipment will be used to help with floatation. Participants should feel comfortable swimming in deep water. *Class takes place in the deep lane of the lap pool.*

**Bootcamp- All Levels** - Intervals, circuits, and athletic movements will intensify your water experience. This total body workout will focus on cardiovascular and strength training exercises in the warm water pool. Equipment such as gloves, noodles, and dumbbells will be utilized to maximize the training effects of the water.

**H2O Overload- Levels 2 & 3** - This interval training style water class will bring high intensity cardio moves together with challenging muscular endurance.

**Pool Volleyball**- Spike, bump, and dip your way through open play volleyball.

## SPECIAL PROGRAM AQUA CLASS DESCRIPTIONS

Fee based classes that require advanced registration.

**Special Program classes that take place in the Lap Pool will occupy 1-2 lanes. Some programs require set up prior to class start time.**

**Beginner Adult Swim**- Have you always wanted to learn how to swim? It's not too late! These classes are designed for the novice swimmer and cover the basics of swimming. *Class held in the warm water pool.* M\$35, NM\$51

**Arthritis Aqua**- Water is a safe ideal environment for relieving arthritis pain and stiffness. This class is designed to keep your joints moving and improve your sense of well-being. Gentle exercises will help you gain strength & flexibility. A Health History Questionnaire is required from all participants before joining class. *Class is held in the Warm Water Pool.* M\$90, NM\$115

**Fitness Swim & Stroke Technique**- Get the benefit of a swim workout as you learn new strokes. Class will cover all basic swim strokes as well as develop fitness endurance. There are two parts of this class: stroke development and fitness swimming. Bring goggles. *Class uses the first 2 lanes of the lap pool.* M\$35, NM\$51

**GlideFit**- This is a unique, low impact, & fun way to exercise while achieving great results! You'll balance on a floating fitness mat for core, cardio, strength & yoga movements. Improve balance, coordination, strengthen muscles, become more flexible & burn calories. This Aquatic Based Stability Training (ABST) class is for all levels. You will get wet so wear your suit and shorts or clean workout gear that you won't mind getting wet. *Class uses the 2 middle lap pool lanes.* M\$60, NM\$75 ONE DAY CLASSES M\$20, NM\$30

**Intermediate Adult Swim**- This class is designed for those who feel comfortable in the water. You will work on front crawl breathing and endurance swimming will be introduced. Bring goggles. M\$35, NM\$51

**TRI Swimming**- Get ready for your next Triathlon! All swim levels welcome! Improve swim technique, build endurance, and increase speed and endurance with this class. Participation in a triathlon not required. M\$41, NM\$57