

# Aqua Class Schedule

Updated September 1, 2022

**Center Hours**  
Monday-Friday 5am to 10pm  
Saturday & Sunday 7am to 5pm

Warm Water Pool (WWP) Aqua Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Class Registration is Required for Aqua Classes</b>						
8:10-9:00a Aqua Fit -Sharon		8:10-9:00a Aqua Fit -Sandra	8:10-9:00a Aqua Fit -Sandra	8:10-9:00a Aqua Fit -Sharon	7:30 -8:20a Aqua Fit -Dawn	7:30 -8:15a Aqua Tabata -Terry
9:15-10:10a Aqua Fit -Sharon	9:00-10:00a Pool Volleyball -Charmaine	9:15-10:10a Aqua Fit -Sandra	9:15-10:05a Aqua Fit -Sandra	9:15-10:10a Aqua Fit -Sharon	8:30-9:25a Aqua Fit -Dawn	8:30-9:15a Aqua Flow -Terry
10:30-11:30a \$\$ Arthritis Aqua -Mary Lynn	10:15-11:00a H2Overload -Sandy	10:30-11:30a \$\$ Arthritis Aqua -Mary Lynn	10:15-11:00a H2Overload -Sandy	<b>CLASS REGISTRATION IS REQUIRED</b> When class capacity of 20 is exceeded, attendance will be taken.  <b>Annual Staff Water Safety Training</b> Warm Water Pool Reserved at these times Thursday, September 22nd 12:30-1:30pm Second day of training: TBD		
11:45a-12:45p \$\$ Arthritis Aqua -Mary Lynn	11:15a-12:00p H2Overload -Sandy	11:45a-12:45p \$\$ Arthritis Aqua -Mary Lynn	11:15a-12:00p H2Overload -Sandy			
5:30-6:25p H2O Cardio -Mary Lynn	5:30-6:25p H2O Bootcamp -Mary Lynn	9/7-10/5 5:15-6:00p \$\$ Beginner Swim -Chris C	5:30-6:25p Aqua Fit -Mary Lynn			
6:30-7:15p Aqua Fit -Mary Lynn	6:30-7:20p H2O Cardio -Nancy		6:35-7:30p Pool Volleyball -Mary Lynn			
Lap Pool and Warm Water Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		*GlideFit classes use lap lanes 2 & 3, 10 minutes before & after listed class time.				
		9/7-10/5 6:00-6:45p \$\$ Fitness Swim & Stroke -Chris C	9/8-10/6 6:00-7:00p \$\$ Beginner Swim II -Chris C			

## Important Information and Guidelines

★ = New Class

**CLASS REGISTRATION IS REQUIRED!** When classes exceed class capacity, attendance will be taken. If you are not registered you will not be able to take the class. Please do not reserve back to back same format classes.

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

Please return swim and aqua equipment after use to the appropriate storage rack to dry.

\$\$ Special Program classes have a fee & require pre-registration. \*GlideFit requires class setup/breakdown 10 minutes before and after listed time. Lap lanes 2 & 3 are reserved for this class.

Class formats, times, and instructors are subject to change without notice. Classes with low attendance will be cancelled. 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-** 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.

**Aqua Flow-** Experience a gentle blend of Pilates, Yoga, Tai Chi and Ai Chi in the water to improve strength, balance, core stability, flexibility and range of motion.

**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-** 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.

**H2OCardio -** Use the buoyancy of the water to lighten the load on your joints for a cardiovascular focused workout guaranteed to get your heart pumping.

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

**Pool Volleyball-** Bump, set, spike, and dip your way through safe, physically distanced, and non-competitive fun play!

## SPECIAL PROGRAM CLASS DESCRIPTIONS

***\$\$ Fee Based classes that require pre-registration***

**Special Program classes that take place in the Lap Pool will occupy 1-3 lanes. Some programs required set up prior to class start time.**

**Arthritis Aqua-** This class is designed to keep your joints moving and improve your sense of well-being. It allows you to exercise without putting excess strain on your joints and muscles. These gentle activities in warm water with guidance from a trained instructor will help you gain strength and flexibility.

**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.**

**Beginner Adult Swim II-** You've conquered your fear, now take the next step! This class will help you continue working on front crawl breathing while gaining endurance strength. Other strokes will be covered as well. Goggles required. **\*Class uses first 2 lap lanes.**

**GlideFit -** Take your training to the next level with our new GlideFit classes in the pool! GlideFit is a unique, low-impact, and fun way to exercise while achieving great results! You'll balance on a floating fitness mat for core exercises, cardio training, and yoga poses. Improve balance and coordination, strengthen muscles, become more flexible and burn calories! **\*Class uses middle 2 lap lanes, including 10m before & after class time for set up/break down.**

**Fitness Swim & Stroke Technique-** Get the benefit of a swim workout as you learn new strokes. Will cover all basic swim strokes as well as develop fitness endurance. Class will be split into 2 parts; stroke development and fitness swimming. Bring goggles. **\*Class uses first 2 lap lanes.**

**Tri Swim-** Get ready for your next Triathlon. Improve your swim technique. Build your endurance. Increase speed & distance. Participation in a triathlon is not required. All swim levels welcome! **\*Class uses the first 3 lap lanes.**