



Hollander Aquatics Center Water Aerobics Schedule January 8 – March 17, 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 - 11 am</p> <ul style="list-style-type: none"> Cardio Splash (Joan) 	<p>9:15 – 10:00 am</p> <ul style="list-style-type: none"> Cardio Splash Plus (Jaine) <p>10:00 – 10:45 am</p> <ul style="list-style-type: none"> Cardio Splash (Lieba) <p>5:45 - 6:30 pm</p> <ul style="list-style-type: none"> Cardio Splash (Lisa) 	<p>9:30- 10:15 am</p> <ul style="list-style-type: none"> Cardio Splash (Lieba) <p>10:15 – 11:00 am</p> <ul style="list-style-type: none"> Cardio Splash (Lieba) <p>11:00 – 11:45am</p> <ul style="list-style-type: none"> Arthritis Water Exercise ** (Jaine) (Jan. 10-Apr. 10) NO class 2/21 	<p>9:15 – 10:00 am</p> <ul style="list-style-type: none"> Deep H2O Run (Jaine) <p>10:00 – 10:45 am</p> <ul style="list-style-type: none"> Yoqua (Phyllis) <p>10:45 – 11:30 am</p> <ul style="list-style-type: none"> Cardio Splash (Jaine) 	<p>9:30 - 10:15 am</p> <ul style="list-style-type: none"> Interval Splash (Phyllis) <p>10:15 – 11:00 am</p> <ul style="list-style-type: none"> Interval Splash (Phyllis) <p>11:00 – 11:45am</p> <ul style="list-style-type: none"> Arthritis Water Exercise ** (Patrick) (Jan. 12-Apr. 12) NO class 2/23 <p>5:45 - 6:30 pm</p> <ul style="list-style-type: none"> Cardio Splash (Lisa) 	<p>6:45 - 7:30 am</p> <ul style="list-style-type: none"> Deep H2O Run (Erika) <p>9:15 – 10:00 am</p> <ul style="list-style-type: none"> Cardio Splash (Becca) <p>10:00 – 10:45 am</p> <ul style="list-style-type: none"> Cardio Splash (Becca) 	<p>9:30 - 10:15 am</p> <ul style="list-style-type: none"> Deep H2O Run (Marie)

** This class is free but registration required at the membership services center.
Classes, instructors, and times subject to change.



Hollander Aquatics Center Water Aerobics Schedule Class Descriptions



Arthritis Water Exercise* - designed to reduce joint stress and inflammation. Is sure to enhance your flexibility, circulation, and relaxation.

Deep H2O Run - An advanced class at the deeper end of the main pool. Feet are off the pool bottom and the body is suspended with the aid of an aqua jogger.

Yoqua - combines the soothing environment of the warm pool with the breathing, stretching, and meditative benefits of yoga.

Cardio Splash - An energetic water workout with lots of jumping, strengthening, stretching and fun.

Interval Splash - A workout that alternates between muscle resistance exercises and aerobics.

Added PLUS to Cardio Splash & Interval Splash – This workout will be more challenging.