



Hollander Aquatics Center Water Aerobics Schedule April 6 - May 17 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 - 11 am <ul style="list-style-type: none"> ▪ Cardio Splash (Liz) 	 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Cardio Splash (Mary) 10:15 - 11 am <ul style="list-style-type: none"> ▪ Cardio Splash (Mary) 11 - 11:45 am <ul style="list-style-type: none"> ▪ Lite Aquafit (Lieba) 5:45 - 6:30 pm <ul style="list-style-type: none"> ▪ Cardio Splash (Liz) 	6:45 - 7:30am <ul style="list-style-type: none"> ▪ Deep H2O Run (Jaime) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Cardio Splash (Lieba) 10:15 - 11 am <ul style="list-style-type: none"> ▪ Cardio Splash (Lieba) 11 - 11:45am <ul style="list-style-type: none"> ▪ Arthritis Water Exercise * (Jaime) 5:30 - 6:15pm <ul style="list-style-type: none"> ▪ Yoqua (Lieba) 	8:40 - 9:25 am <ul style="list-style-type: none"> ▪ Yoqua (Phyllis) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Deep H2O Run (Jaime) 10:15 - 11 am <ul style="list-style-type: none"> ▪ Cardio Splash (Jaime) 11 - 11:45 am <ul style="list-style-type: none"> ▪ Lite Aquafit (Jaime) 5:30 - 6:15pm <ul style="list-style-type: none"> • Deep H2O Run (Erika) 	 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Cardio Splash (Phyllis) 10:15 - 11 am <ul style="list-style-type: none"> ▪ Cardio Splash (Phyllis) 11 - 11:45 am <ul style="list-style-type: none"> ▪ Arthritis Water Exercise * (Jaime) 5:30 - 6:15 pm <ul style="list-style-type: none"> ▪ Cardio Splash (Erika) 	6:45 - 7:30 am <ul style="list-style-type: none"> ▪ Deep H2O Run (Erika) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Cardio Splash (Amy) 10:15 - 11 am <ul style="list-style-type: none"> ▪ Cardio Splash (Amy) 11 - 11:45 am <ul style="list-style-type: none"> ▪ Lite Aquafit (Jaime) 	

* Fee attached. Registration required.
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.

Aquafit Energizer – A gentle class that energizes with fun upbeat music and movements.

Cardio Splash – designed for the fit individual. Water workout includes range of motion movement and a variety of weight bearing exercises performed with water buoys and noodles.

Deep Water Workout – An advanced class at the deeper end of main pool. Feet are off the pool bottom and the body is suspended with the aid of a flotation noodle.

Interval Workout – a high-energy, intermediate workout that alternates between muscle strengthening and cardio vascular exercises.

Lite Aquafit – a gentle class appropriate for an older population just beginning an exercise program

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