




# Water Aerobics and Arthritis Exercise Schedule

## September - December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:45 Arthritis Therapy Pool	8:00 - 8:45 Arthritis Exercise Therapy Pool	8:00 - 8:45 Arthritis Therapy Pool	8:00 - 8:45 Arthritis Exercise Therapy Pool	8:00 - 8:45 Arthritis Therapy Pool		
8:15 - 9:15 Morning Fitness Lap Pool		8:00 - 9:00 Morning Fitness Lap Pool		8:00 - 9:00 Morning Fitness Lap Pool		
	9:30 - 10:30 Deep Water Power Pump Lap Pool		9:30 - 10:30 Deep Water Power Pump Lap Pool			
5:00 - 6:00 Arthritis Exercise Therapy Pool	5:00 - 6:00 Warm Zone Aquatone Therapy Pool	5:00 - 6:00 Get on Board Arthritis Therapy Pool	5:00 - 6:00 Warm Zone Aquatone Therapy Pool			
						

# Water Aerobics and Arthritis Exercise

## Class Descriptions

**Arthritis Exercise** - Arthritis water workouts presented by a certified Arthritis AEA Instructor. This recreational program includes exercises to improve the participant's overall function and performance of daily task, mobility, gait, independence, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling. Class meets in Therapy Pool.

**Deep Water Power Pump** - High intensity total body conditioning - cardiovascular and muscular strengthening, toning and stretching all in deep water. This class provides an opportunity to perform exercises without straining. Great for circulation and improving overall fitness and well being. Flotation belts and water resistance equipment will be used. Class meets in the Lap Pool.

**Get on Board/Arthritis**- The same format as our other Arthritis classes with the added tool of a Silver Sneaker Kick Board, to give more toning to the class participants. Class meets in the Therapy Pool.

**Hot Flow Yoga:** Hot flow yoga is a flowing style yoga group class. It is held in our therapy pool area every Sunday through our winter schedule January - April.

**The class is done on the therapy pool deck area not in the water.** This class can be very intense with the added effect of the heat set @ (89°) in this room.

The many benefits to doing hot yoga are as follows:

**Flexibility:** The heat allows the body to be more supple. It increases your joint lubrication as well as your flexibility in muscles. The heat will allow you to safely reach new levels of flexibility.

**Cardio:** Your heart can work the same way doing a heated yoga class as it does when running a mile. By balancing and contracting your muscles at the same time. The way you will stretch and compress your internal organs and glands also stimulates your metabolism so you are burning calories.

**Detox:** The heated room helps you to stretch more and get your cardio, but it also helps you sweat. The postures themselves are detoxifying for your muscles, organs and glands.

**\*\*\*\*Requirements for taking this class:**

**Seek medical approval:** If you have any serious medical conditions that would become an issue if you were to get over heated. Taking this class you must be aware of your own body signals for any danger signs such as Dizziness, Headache, Lightheadedness, Mild Nausea, and Muscle Cramps. These signs could be indicators that you do not tolerate the heat well. If this should happen during one of our classes, please inform the instructor and remove yourself from the heated room.

**Hydration:** You **MUST** bring water to class with you. There will be designated water breaks during each class. When doing any activity in a hot environment it is crucial to maintain hydration.

**Towels:** Because of the heat in this room and your workout load you will be sweating quite a lot, with this you may slip on your mat some so please bring as many towels of your own you wish to class with you. **CLASS IS SEASONAL ONLY ON THE WINTER SCHEDULE**

**Morning Shallow Water Fitness** - Aerobic conditioning is what this class is all about. Both Cardio & toning done in the Shallow end of the Lap Pool.

**Warmzone Aquatone** - This 45 minute low intensity session is more about total body tone and less on cardio fitness. Utilizing the natural buoyancy of the water, exercises are designed to focus on strengthening and toning. Yoga and/or Pilates will be added to build core strength, increase flexibility and improve balance. Various types of equipment (i.e. water buoys/weights, kick boards, noodles, etc.) are incorporated into the workout to achieve muscle endurance. Low cardio will be used on an as needed basis to keep participants warm and comfortable. Class meets in the Therapy Pool.