

Aqua Wellness Schedule

Monday

Time	Class	Location
7:45 - 8:45am	Power Splash	Main Pool
9 - 10am	Aqua Dynamics	Main Pool
10:15 - 11:15am	Splashin' Seniors	Therapy Pool
11:30am - 12:30pm	Arthritis Foundation Aqua Therapy	Therapy Pool

Tuesday

7 - 8pm	Flex and Flow	Therapy Pool
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Wednesday

7:45 - 8:45am	Power Splash	Main Pool
9 - 10am	Aqua Dynamics	Main Pool
10:15 - 11:15am	Splashin' Seniors	Therapy Pool
11:30am - 12:30pm	Arthritis Foundation Aqua Therapy	Therapy Pool

Thursday

7:45 - 8:45am	Aqua Kickboxing	Main Pool
7 - 8pm	Aqua Fusion	Therapy Pool

Friday

7:45 - 8:45am	Power Splash	Main Pool
9 - 10am	Deep Dynamics	Main Pool
10:15 - 11:15am	Splashin' Seniors	Therapy Pool
11:30am - 12:30pm	Arthritis Foundation Aqua Therapy	Therapy Pool

Saturday

8 - 9am	H2O Boot Camp	Main Pool
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Arthritis Foundation Aqua Therapy

A warm water exercise program intended to increase joint movement, reduce pain and stiffness and improve overall health. This class is suitable for all fitness levels and encourages social interaction amongst participants.

Aqua Dynamics

Shallow and Deep water workout that combines a variety of cardio exercises as well as weight training for a workout that is easy on the joints. Buoyancy Belts are available for use.

Aqua Fusion

Participants will use the water and the body's own muscles to provide the resistance necessary to receive a full-body workout.

Aqua Kickboxing

Combines martial arts techniques and heart pumping cardio. Kickboxing is a high energy workout that will burn calories and fat.

Flex and Flow

A warm water muscle conditioning class where we will combine Aqua Yoga moves with Aqua Pilates and Tai Chi. You will be introduced to a series of exercises focusing on flexibility and range of motion, as well as specific breathing techniques improving core stability and balance.

H2O Boot Camp

Ready for a high intensity workout? Use water resistance to your advantage, while building cardiovascular endurance and muscle strength in a low-impact environment.

Power Splash

Shallow water workout focused on cardio strengthening as well as strength training.

Splashin' Seniors

A low impact class, concentrating on improvement of stabilization to enhance balance, strength and endurance.



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