



## WATER FITNESS WINTER 2

February 26<sup>th</sup> – April 8<sup>th</sup>

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00a-7:50a			LAP Hydro Circuit Marie				
8:00-8:50a	LES Stronger Merle <hr/> LAP Hydro Circuit Kathy	LAP *Do you have a pulse? Christiane	LES Stronger Merle <hr/> LAP Hydro Circuit Marie	LAP Aqua Barre Tabatha	LAP Hydro Circuit Kathy		
9:00a-9:50a	LES Morning N Motion Merle <hr/> LAP *Deep Cardio & Tone Kathy	LAP Move it or Lose it! Christiane	LES Morning N Motion Merle <hr/> LAP *Deep Cardio & Tone Kathy	LES Morning N Motion Michelle <hr/> LAP *Aquabata Deep Cindy	LES Morning N Motion Michelle <hr/> LAP *Deep Cardio & Tone Kathy		
10:00a-10:50a	LAP Aqua Zumba Jenn		LES Strength, Balance & Stretch Kathy <hr/> LAP Aqua Zumba Cindy	LES Gentle Waves Michelle <b>NEW!</b> <hr/> LAP Aqua Zumba Cindy	LAP Aqua Zumba Jenn	LAP Shallow Cardio & Tone Wendy	LAP Aqua Zumba Tabatha
11:00a-11:50a	LES Arthritis Nicole	LES Arthritis Virginia/Merle	LES Arthritis Nicole	LES Arthritis Michelle	LES Arthritis Nicole		
4:00p-4:50p	LES River Challenge Barb	LES Happy Hour Merle	LES River Challenge Barb	LES Happy Hour Merle			
5:30-6:20p				LES Aqua Pilates Jill			
6:30p-7:20p		LES Shallow Cardio & Tone Wendy					

\*Classes are held in the deep end of the Lap Pool

LES = Leisure Pool Class

LAP = Lap Pool Class



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## Water Fitness Class Descriptions:

### Water Fitness Classes: All classes require a Water Fitness pass

<b>Arthritis Foundation Program</b>	This program designed to safely keep joints moving and improve your sense of well-being. Class will allow you to exercise without putting excess strain on your joints and muscles. Gentle activities in warm water help you gain strength and flexibility. All instructors are trained and certified through the Arthritis Foundation.
<b>Aqua Barre</b>	The perfect blend of yoga, Pilates, and ballet for a total body, aerobic workout in the water! Add body flexibility, increase muscle tone and endurance, and improve balance with small and large range, high repetition movements.
<b>*Aquabata Deep</b>	The popular land Tabata workout is coming to the water! Aquabata is a total body workout using the unique properties of water. There are eight, 4 minute rounds of higher intensity (HIIT) work for 20 seconds, followed by 10 seconds of recovery. Participants adjust the intensity to their fitness needs. Classes may be with or without equipment. This class provides intensity with less stress on the joints.
<b>Aqua Pilates</b>	Aqua Pilates is a new form of exercise that is taking the world by storm. These simple, but effective, workouts really do strengthen your core and allow you to be at your best in your daily life. Taking these exercises into the water increases their effectiveness and will have a huge effect on your workout.
<b>Aqua Zumba®</b>	Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
<b>*Deep Cardio &amp; Tone</b>	Get your heart rate pumping and get your steps in as well in this energetic cardio class set to music. We'll do low to high impact moves and use some resistance equipment to tone up our bodies.
<b>*Do you have a pulse?</b>	Join this high intensity class that features interval training, core strengthening and endurance exercise in a noncompetitive setting. We promise to raise your heart rate, and have fun in the process. Flotation belts and other equipment is provided.
<b>Gentle Waves NEW!</b>	A gentle class for those who are just beginning their water fitness journeys. Class focuses on slowly progressing your levels of intensity and gives you modified movements using water aerobics equipment to enhance your workouts. This class is taught in the warm leisure pool waterfall area!
<b>Happy Hour</b>	Join a fun filled water workout class that's after school and before dinner. Lose stress through variety of moves and stretches guaranteed to relieve tension and improve your outlook.
<b>Hydro Circuit</b>	With the use of Sculpting plates, grippers, kettle bells, and personal body weight participants will work in a circuit to improve strength and increase endurance. This class will cater to all ability levels!
<b>Morning N Motion</b>	A cardio class with low impact on your joints!
<b>Move It or Lose It!</b>	Shallow water total body workout in a noncompetitive setting that promises to challenge you no matter what your level of fitness may be!
<b>River Challenge</b>	This class strives to improve muscle toning, flexibility, cardiovascular fitness, endurance, build muscle strength while maintaining good posture. The added component is the current in the river which automatically produces resistance.
<b>Shallow Cardio &amp; Tone</b>	Get your heart rate pumping and get your steps in as well in this energetic cardio class set to music. We'll do low to high impact moves and use some resistance equipment to tone up our bodies.
<b>Stronger</b>	This class uses the current of the river as resistance to strengthen legs and arms. Core work is done in the leisure pool and hand held equipment. The class is a low impact and low cardio class.
<b>Strength, Balance, &amp; Stretch</b>	Improve balance, core strength, and muscle strengthening of all major muscle groups while developing good posture, support joint integrity, and improve overall cardiovascular fitness. You will leave feeling relaxed and energized.

**Class denoted by (\*) take place in deep water.**

**Noodles, bars, bells, boards, and balls will be provided in class. Shoes not provided. Gloves available for purchase at Front Desk.**

Pass Type			Inclement Weather Policy
Passes	DCRC	Guest	The Dublin Community Recreation Center (DCRC) facilities will maintain normal operating hours for general recreation unless directed otherwise by the City Manager. In general, DCRC class/activity schedules coincide with Dublin City Schools. Whenever schools are released early, all evening classes at the DCRC are canceled. When school is canceled, all daytime DCRC classes are canceled, and a decision regarding evening classes (those after 4 p.m.) will be made by 2 p.m.
10 Class Pass	\$50.00	\$65.00	
20 Class Pass	\$80.00	\$95.00	
Unlimited Monthly Pass	\$55.00	\$65.00	

All 10-class, 20-class and unlimited monthly passes can be used for land or water fitness classes.

Revised on February 2nd, 2023



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