



## Fall 2021 Water Fitness Through December 18<sup>th</sup>

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*Do you have apulse?</b> Lap Pool		8:10-9:00a <b>Christiane</b>					
<b>Stronger</b> Lazy River/ Leisure	8:00-8:50a <b>Merle</b> <i>*No Class 11/22</i>		8:00-8:50a <b>Merle</b> <i>*No Class 11/24</i>				
<b>Aqua Barre</b> Lap Pool						8:10-9:00a <b>Tabatha</b> <i>*No Class 11/27</i>	
<b>Morning N Motion</b> Leisure Pool	9:00-9:50a <b>Merle</b> <i>*No Class 11/22</i>		9:00-9:50a <b>Merle</b> <i>*No Class 11/24</i>				
<b>Move it or Loseit!</b> Lap Pool		9:10-10:00a <b>Christiane</b>					
<b>* White Water Work Out</b> Lap Pool	9:10-10:00a <b>Barb M</b>		9:10-10:00a <b>Barb M</b>		9:10-10:00a <b>Barb M</b>		
<b>*TLC+</b> Lap Pool						9:10-10:00a <b>Tabatha</b> <i>*No Class 11/27</i>	
<b>AQ Zumba</b> Lap Pool				10:10-11:00a <b>Cindy</b> <i>*No Class 11/25</i>			9:40-10:30a <b>Tabatha</b>
<b>SWSD</b> Lap Pool	10:10-11:00a <b>Barb M</b>		10:10-11:10a <b>Barb M</b>		10:10-11:00a <b>Barb M</b>		
<b>Arthritis</b> Leisure Pool	11:10a-12:00p <b>Nicole</b>	11:10a-12:00p <b>Barb M</b>	11:10a-12:00p <b>Nicole</b>	11:10a-12:00p <b>Barb M</b> <i>*No Class 11/25</i>	11:10a-12:00p <b>Nicole</b> <i>*No Class 11/26</i>		
<b>Happy Hour</b> Leisure Pool		4:00-4:50p <b>Merle</b> <i>*No Class 11/23</i>		4:00-4:50p <b>Merle</b> <i>*No Class 11/25</i>			
<b>River Challenge</b> Leisure Pool	4:00-4:50p <b>Barb B</b>		4:00-4:50p <b>Barb B</b> <i>*No Class 11/24</i>				
<b>AquaYoga</b> Leisure Pool	7:00-7:50p <b>Jill</b>						
<b>Aqua Pilates</b> Leisure Pool			7:00-7:50p <b>Jill</b>				



## Water Fitness Class Descriptions:

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

<b>Arthritis Foundation Program</b>	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>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 Yoga</b>	Aqua Yoga is a gentle and very low impact aquatic activity. Aqua Yoga takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved.
<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>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>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>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 your level of fitness. On Tuesdays anything goes, on Thursdays we kick-box.
<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>(SWSD) Shallow Water Shake Down</b>	50 minutes of stress relief water aerobics--challenging workouts that are never the same and are physically challenging, but leave you rejuvenated and reenergized to take on a busy day!
<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>(TLC+) Totally Love Cardio + Strength</b>	Let's get movin' in the deep end with a full body, low impact, aerobic workout. Anything is possible while you are suspended with a flotation belt and the music pumpin'. Bring your energy, enthusiasm, and a smile!
<b>*White Water Workout</b>	Participants use full body movements in the deep lanes to put "motion in the ocean". No class is ever the same.
<b>Zero Impact</b>	Experience a cardiovascular and strengthening workout with no impact on your joints. Flotation belts to maintain correct body alignment and hand held equipment to create resistance form the basis for the workout.

**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	
10 Class Pass	\$45.00	60.00	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.
20 Class Pass	\$70.00	85.00	
Unlimited Monthly Pass	\$50.00	\$60.00	

