

Water Exercise

Fall 2017

August 28th—January 1st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30am				**This class follows Saturday swim lesson dates. It will run 10/14-12/9 (No 11/11,11/25). →		**The River Challenge TBD
8:00-9:00am	The River Challenge Bondi		The River Challenge Bondi			
8:30-9:25am	Aquaerobics Maureen	Aqua Power Bondi	Aquaerobics Maureen	Aqua Power Angela	Aquaerobics Kim	
9:00-9:55am						Aqua Power TBD
9:30-10:25am	S.M.I.L.E. * Maureen	S.M.I.L.E. * Bondi	S.M.I.L.E. * Maureen	S.M.I.L.E. * Angela	S.M.I.L.E. * Kim	
10:00-10:55am						Aquaerobics TBD
10:30-11:15am	Aqua Yoga *		Aqua Yoga *	← Aqua Yoga will not run on No School Days. Last Fall class is 12/13.		
5:45-6:45pm		The River Challenge Marsha		The River Challenge Lydia		
5:55-6:50pm	Aquaerobics Jeanne		Aquaerobics Jeanne			
7:00-7:55pm		Aqua SuperFit Marsha		Aqua SuperFit Lydia		
8:00-8:55pm		Aqua Zumba Lydia		Aqua Zumba Lydia		

Water Aerobics classes are for ages 14 and up.

* Class held in the Leisure Pool.

Classes cancelled for 9/4 and 1/1 for holiday hours. Pool Closed 9/30-10/13 for annual maintenance. Pool Closed 11/23, 12/24 and 12/25.

East Portland Community Center and Swim Pool



Sustaining a healthy park and recreation system to make Portland a great place to live, work and play.

www.PortlandParks.org * Commissioner Amanda Fritz * Director Mike Abbate



Water Fitness Class Descriptions

AQUAEROBICS - Energize yourself with this invigorating workout! Shallow water class focuses on cardiovascular fitness with special attention to strength and flexibility. All fitness and swimming levels are welcome!

AQUAPOWER - Experience the difference in deep water, using buoyant and resistant equipment for an excellent cardiovascular workout with zero impact! Designed for all levels. Should be comfortable in deep water.

S.M.I.L.E - (Slower Movement Intensity Lowered Exercise) This shallow water class focuses on improving circulation, strength, range of motion, and flexibility through low-impact exercise.

AQUA ZUMBA - Dance your way into fitness! Achieve long-term benefits while experiencing an absolute blast in our pool with exciting calorie-burning, body-energizing, awe-inspiring movements meant to engage & captivate for life!

RIVER CHALLENGE - Build endurance while toning muscle & gaining strength. Guaranteed to keep your heart rate pumping. Employs low impact resistance training to work every part of your body.

AQUA SUPERFIT - “Boot Camp style” class. This vigorous circuit training class allows you to challenge yourself to a higher fitness intensity. Non-choreographed format targets cardiovascular training, strength training & muscle endurance using deep and shallow water to maximize your workout.

AQUA YOGA - By bringing yoga to the water, there is no gravity & the water will take the pressure off your joints. It will help develop strength, static balance & will increase overall range of motion.

Current Channel Walk

No Instructor

Walk against the current in the Current Channel for an excellent cardiovascular workout.

Drop-in activity. (Adult only—No instructor)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:30am	9:00-11:30am	9:00-11:30am	9:00-11:30am	
5:45-6:45pm	1:00-2:00pm	5:45-6:45pm	1:00-2:00pm	1:00-2:00pm