

# Water Exercise

## Spring 2018

### April 2nd—June 17th



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30am				**This class follows Saturday swim lesson dates. It will run 4/7-6/2 (No 5/26). →		**The River Challenge Melissa/Cheryl
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 Bondi	Aquaerobics Kim	
9:00-9:55am						Aqua Power Melissa/Cheryl
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. * Bondi	S.M.I.L.E. * Kim	
10:0-10:55am						Aquaerobics Melissa/Cheryl
10:40-11:25am	Aqua Yoga * Maureen		Aqua Yoga * Katie	← Last Spring class is 6/13. Aqua Yoga classes will resume in the Fall.		
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.

Pool closes at 5:00pm on 5/28 (no water exercise classes offered this day). Pool will be closed on 6/18 for staff training.

## 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 Abbaté



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PARKS & RECREATION**  
Healthy Parks, Healthy Portland

## 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 *

\* Not available on School Day's Out. Please see Open Swim Flyer for days not available.