



# Water Fitness Fall 2018

## September 17th- December 31st

**Monday**

6:00 AM  
Aquaerobics  
Ken

**Tuesday**

**Wednesday**

6:00 AM  
Aquaerobics  
Ken

**Thursday**

**Friday**

6:00 AM  
Aquaerobics  
Ithica

**Saturday**

8:00 AM  
Aqua Yoga  
Lisa

9:00 AM  
Aquaerobics  
Holly  
Aqua Power  
Ethan

9:00 AM  
Aqua Power  
Holly

9:00 AM  
Aquaerobics  
Candy  
Aqua Power  
Ethan

9:00 AM  
Aqua Power  
Candy

9:00 AM  
Aquaerobics  
Candy  
Aqua Power  
Marsha

9:00 AM  
Aqua Power  
Maureen

10:00 AM  
Aquaerobics  
Ethan  
Aqua Power  
Holly

10:00 AM  
Pregnancy  
Fitness  
Holly

10:00 AM  
Aquaerobics  
Ethan  
Aqua Power  
Holly

10:00 AM  
Pregnancy  
Fitness  
Candy

10:00 AM  
Aquaerobics  
Marsha  
Aqua Power  
Holly

10:00 AM  
Aquaerobics  
Maureen

11:00 AM  
S.M.I.L.E.  
Holly

11:00 AM  
S.M.I.L.E.  
Candy

11:00 AM  
S.M.I.L.E.  
Holly

11:00 AM  
S.M.I.L.E.  
Candy

11:00 AM  
S.M.I.L.E.  
Holly

5:35 PM  
Aqua Power  
Ethan

5:35 PM  
Aqua Power  
Kim

5:35 PM  
Aqua Power  
Sami

5:35 PM  
Aqua Power  
Kim

6:35 PM  
Aquaerobics  
Ethan

6:35 PM  
Pregnancy  
Fitness  
Kim

6:35 PM  
Aquaerobics  
Sami

6:35 PM  
Pregnancy  
Fitness  
Kim

The Pool will be closed on September 18th, 26th, November 22nd, December 24th and 25th

**Southwest Community Center and Swim Pool**

**6820 SW 45th Ave 503-823-2840**



# 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.

**PREGNANCY FITNESS**- Energize your pregnancy! This shallow water class focuses on pregnancy fitness with special attention to improved circulation and flexibility.

## Water Fitness Group Class Etiquette

1. Take a cleansing shower before entering the pool, as required by state health codes and regulations.
2. Try to be on time. Water exercise classes generally follow a prescribed routine that includes warm-up (10 min.), aerobics (30 min.), conditioning (10 min.), and stretching (5 min.). For your safety, it is important to go through all elements in that order. If you arrive late, enter the pool quietly without disturbing others, warm-up quickly and join the class.
3. Bring a bottle (plastic only) of fresh cool or cold water to class. Stop and drink once in a while. The guideline is, if you wait until you are thirsty, you have waited too long.
4. Face the teacher as much as possible. Pool environments are frequently noisy so oftentimes your instructor will cue various exercises physically as well as verbally.
5. Water exercise classes can be a fun environment to exercise with opportunities to socialize; however, do realize it still is an exercise class. Please refrain from distracting other members of the class. If you become involved in a conversation with someone, move to the side or back of the class, so you do not distract participants who are following the instructors' directions.
6. All the exercises, or elements of a workout may not be appropriate for all participants. As with any exercise program, it is appropriate to consult with your doctor before beginning an aquatic exercise program.
  - If an exercise is too difficult or causes pain, you may need to slow down, or modify the exercise to accommodate your desired exertion level. Try a simple jog or ask your instructor for other modifications.
  - If you are not being challenged, increase your tempo or add a modification to make the exercise more challenging. Ask your instructor for suggestions for increasing exertion levels for each exercise.
  - Please note that classes and exercises are not specified to each individual's body mechanics or abilities. Please take them as guidelines, as you know your own body and limitations best.
7. Please put away equipment used at the end of the class. Dip belts, cuffs, and buoys in the neutralizer and rinse at the end of the workout. This will help them last longer. With the ankle cuffs, please do not tie the adjustment straps on the cuffs into knots, but merely clip the set together.