

Water Exercise

Spring 2019

April 1st — June 16th



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:55am	Aqua Power Terri	Aqua Power Ken	Aqua Power Terri	Aqua Power Ken	Aqua Power Terri	
7:00-7:55am	Aquaerobics Terri		Aquaerobics Terri		Aquaerobics Ken	
8:05-9:00am		Aqua Yoga * Kim		Aqua Yoga * Kim		
9:05-10:00am	Aquaerobics Terri	Aqua Power Terri	Aquaerobics Terri	Aqua Power Terri	Aqua Zumba Lydia	
9:00-9:55am						Aqua Power Melissa
10:00-10:55am						Aquaerobics Melissa
10:15-11:10am	S.M.I.L.E. Terri	S.M.I.L.E. Terri	S.M.I.L.E. Terri	S.M.I.L.E. Terri	S.M.I.L.E. Kim	
6:05-7:00pm	Aquaerobics Marsha	Aqua Power Bondi	Aqua Zumba Lydia	Aqua Power Bondi		

Water Aerobics classes are for ages 14 and up.

* Class held in the Leisure Pool.

Classes cancelled 5/27 for the Holiday.

Pool Closed 6/17 for Summer Staff Training.

Mt. Scott 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 Nick Fish * Director Adena Long



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!

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
8:00-9:30am	8:00-11:30am	8:00-9:30am	8:00-11:30am	8:00-9:30am