

# Water Exercise

## Winter 2019

January 2nd—March 31st



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

Water Aerobics classes are for ages 14 and up.

\* Class held in the Leisure Pool.

Classes cancelled for 1/1 for holiday hours.

### 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](http://www.PortlandParks.org) \* Commissioner Nick Fish \* Interim Director Kia Selley



## 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