



Bill Heddles Recreation Center Water Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30am	Volleyball No Instructor	Young at Heart Twyla	Silver Sneakers Splash Tanya	Young at Heart Twyla	Silver Sneakers Splash Tanya
9:30-10:30am	Pool Power Tanya	Light & Lively Janel	Pool Power Tanya	Light & Lively Janel	Pool Power Tanya
5:30-6:30pm		Full Body Cardio Jody		Aqua Movers Janel	

Silver Sneakers Splash: W/F 8:30am A fun, shallow-water exercise class that uses a signature Silver Sneakers Splash Board to increase movement and intensity options. Silver Sneakers Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training. Water shoes are recommended. (Beginner / Intermediate)

On Mondays this class plays water volleyball without an instructor.

Pool Power: M/W/F 9:30am This class is an intermediate to advanced shallow water aerobic workout that focuses on sculpting and toning those problem areas. Have fun using a variety of “pool tools” increasing water resistance to promote muscular strength, coordination and flexibility. Expect to work on cardiovascular and muscular endurance. We'll also utilize the Lazy River during this class. Water shoes are recommended but not required.

(Intermediate/Advanced) **Deep Water Class in the Main/Lap Pool is the First Monday of the month.** (Intermediate/Advanced)

Water Pilates in the Wellness Pool is the last Friday of the month. (Intermediate/Advanced)

Young at Heart: T/TH 8:30am Come and enjoy a unique combination of aerobics and a full body workout. You will strengthen your heart and lungs, increase mobility, coordination, balance, flexibility, and strength using a variety of equipment to enhance your workout while having fun. This is a great class for all levels of fitness. Water shoes are recommended.

Light-N-Lively: T/Th 9:30am This class is designed for BEGINNERS to build endurance and strength in the water. The first 30 minutes of class is spent doing a low intensity aerobic and muscular workout and the second half of class is spent on stretching exercises to increase neck and shoulder range of motion.

Full Body Cardio Tues 5:30pm Are you ready to build strength? Tone those muscles, pump up that heart, and get an overall good workout? This is the class for you. This class will increase your overall fitness with water resistance using water weights, noodles, kick-boards, bands, and other resistance equipment options. Fitness challenges such as interval training using low and high intensity ramps up the heart keeping your engine ticking to burn more calories. Water jogging, river running, jumping jacks, lunges, cross country, are examples of the low and/or high intensity moves implemented in this class.

Aqua Movers Thur 5:30pm Ready to finish up your week with cardio and strength training? This after-work, mid to high intensity class is just what you need. By incorporating full body movements and a variety of water-based equipment, you can expect a wellness pool workout that both strengthens and tones. Join Aqua Movers for improved muscular & cardiovascular strength, core stability, posture, balance, and overall fitness. Water shoes are recommended.

