



Exercise Classes

Online at www.healthlinksa.com

Land Exercise Classes

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00	Conditioning Diane	Conditioning Paty		Zumba Paty		Conditioning Jackie	
10:00						Yoga Jackie	
10:30	Yoga Gail	Stability Ball Jackie	Yoga Jackie	Stretch Jackie	Yoga Anne		
11:30	Just Move It Glenda	Senior Strength Glenda	Just Move It Diane	Senior Strength Glenda			
12:30	SSI Ms Str & ROM Diane	Tai Chi Sal	SSI Ms Str & ROM Diane	Tai Chi Sal	SSII Cardio Circuit Vicki/Diane		
1:30	SSI Ms Str & ROM Lyn	SSI Ms Str & ROM Glenda	SSII Cardio Circuit Lyn	SSI Ms Str & ROM Glenda			
5:45	Conditioning Lyn	6:00 PM: Zumba Paty	Conditioning Lyn	6:00 PM: Zumba Paty			
7:00		Yoga Lisa		Yoga Lisa			

Aquatic Exercise Classes

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Open at 5:30 am	Open at 5:30 am	Open at 5:30 am	Open at 5:30 am	Open at 5:30 am	Open at 7 am	Open at 8 am
7:45	Aquasize Ruth	(5:30-8:30)	Aquasize Ruth (5:30-7:30)	(5:30-8:30)	Aquasize Ruth (5:30-7:30)	(7-9)	(8-4:45)
8:30		Deep Water Vicki		Deep Water Vicki			
9:00	Aquasize Ruth	(9:30-10:30)	Aquasize Ruth	(9:30-10:30)	Aquasize Ruth	Aquasize Ruth/Vicki	
10:00	(10:00-10:25)		(10:00-10:25)		(10:00-10:25)	Fit for H2O Ruth/Vicki	
10:30	Water Works Diane	Fit for H2O Vicki	Water Works Diane	Fit for H2O Vicki	Water Works Vicki/Diane		
	Pool Closed 11:30-12:30					11:00-12:00	
12:30	Arthritis Glenda	Arthritis Glenda	Arthritis Glenda	Arthritis Glenda	Arthritis Glenda	(12:00-4:45)	
1:30	Fit for H2O Glenda	(1:30-5:00)	Fit for H2O Glenda	(1:30-5:00)	(1:30-7:45)		
5:15	(2:30-5:45)	Water Works Diane	(2:30-5:45)	Water Works Vicki			
6:00	Aquasize Linda (7-8:45)	Deep Water Diane (7-8:45)	Aquasize Linda (7-8:45)	Deep Water Vicki (7-8:45)		Close at 4:45 pm	
	Close at 8:45 pm	Close at 8:45 pm	Close at 8:45 pm	Close at 8:45 pm	Close at 8:45 pm		

Classes one hour in length unless noted in description Times appearing in (BLUE) denote open pool times

Revised March 09

CLASS DESCRIPTIONS

LAND EXERCISE

Stability Ball Class: A 45-minute class that uses a stability ball to effectively target your core musculature while increasing flexibility and overall body balance. (Any level)

Conditioning: Class designed to work all muscle groups through use of body bars, bands, dumbbells and steps. Class format is dedicated to toning and developing overall body strength. (Any Level)

Just Move It: A very low impact 45-minute aerobic class. It will get you moving to help you with balance and coordination. Some strength work is added, along with time for stretching. (Beginner to Intermediate)

Zumba: This class combines continuous cardio training by incorporating Latin dance moves for a total body workout. (Intermediate to Advanced)

Senior Strength: Class includes stretching and strength building exercises done while sitting in a chair or standing. Posture and balance exercises are also incorporated to improve overall fitness. (Beginners to Intermediate)

SSI Ms Str & ROM: A 45-minute class designed to increase muscular strength, range of movement and activity for daily living. A chair is used for seated and standing exercises along with weights, elastic tubing and balls. (Beginner to Intermediate)

SSII Cardio Circuit: Class is designed to increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. (Intermediate to Advanced)

Stretch: 45 minutes of soothing stretches that calm the mind while releasing unwanted tension and stress; class focuses on enhancing joint range of motion and improving circulation with stretches performed on the floor.

Tai Chi: Practical avenue for learning balance, alignment, fine-scale motor control, rhythm of movement and the genesis of movement from the body's vital center. Contribute the ability to better stand, walk, move, run, etc. (Any Level)

Yoga: System integrates body, mind and spirit. Leads students to feel energized and relaxed while encouraging flexibility, strengthening the body and toning muscles. Students learn breathing control for overall improvement in health. (Any Level)

AQUATIC EXERCISE

NOTE: All classes start with a warm-up and end with a cool-down/stretch.

***CV**-cardiovascular **MS**-muscle strengthening **ROM**-range of motion **WM**-weight management

Aquasize: A higher intensity 60 min class including 35-40 min **CV** exercise, **MS**, and **WM**. Resistance equipment may be utilized. (Intermediate to Advanced, 80-84 deg pool)

Arthritis: A structured 45 min class adaptable to a diverse special needs e.g. arthritis, joint replacements. Improves muscle tone, **MS**, and **ROM**. (Beginner, both pools)

Deep Water: A higher intensity 60 min class in deep water using a buoyancy device. Includes 45 min **CV** and **WM**. (Intermediate to Advanced, 80-84 deg pool)

Fit for H₂O: A 45 min class (1 hr. on Sat) Includes 25 min **CV**, **MS**, and **WM**. Resistance equipment may be used. (Beginner to Intermediate, both pools)

Water Works: A higher intensity 45 min arthritis class. Includes 20 min **CV**, **MS**, and **WM**. (Beginner to Intermediate, both pools)