

FEBRUARY AQUATICS SCHEDULE - INDOOR POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00AM	GLIDE FIT *By Appt Only Two Lanes						
9:00-10:00AM	AQUA BLAST Susan All Lanes	AQUA BLAST Ivonne All Lanes	AQUA BLAST Ivonne All Lanes	AQUA BLAST Susan All Lanes	AQUA BLAST Joilynn All Lanes	AQUA BLAST Debra All Lanes	
10:00AM - 12:30PM			10:00-11:00AM WOMEN'S TOTAL WORKOUT Middle Lane		10:00-12:00PM SWIM LESSONS Two Lanes	10:30-12:30PM SWIM LESSONS Two Lanes	
12:30-1:30PM	SPLASH & TONE Chris All Lanes	HAPPY HINGES Chris All Lanes	SPLASH & TONE Karalynn All Lanes	HAPPY HINGES Chris All Lanes	SPLASH & TONE Karalynn All Lanes		
4:00-4:45PM							
5:00-7:30PM		SWIM LESSONS Two Lanes		SWIM LESSONS Two Lanes			
6:30-7:30PM	AQUA BLAST Joilynn All Lanes		AQUA BLAST Joilynn All Lanes				

- Updated pool schedules can be found on the Rollingwood Athletic Club App under the “Extra” tile or at rollingwoodclub.com.

AQUA CLASS DESCRIPTIONS

Happy Hinges: *Low Intensity*

This gentle, low intensity water exercise class focuses on range of motion, flexibility and light cardio, and is formatted according to the Arthritis Foundation guidelines. This class is great for those who have arthritis or other joint problems or for those recovering from injury or have other health issues.

Splash & Tone: *Low-Mod Intensity*

Have fun and tone your entire body with this low intensity cardio class. We combine water aerobics and strength training with bells, noodles and balance work to strengthen muscles and shed calories. Enjoy toning your body to fun music from all decades and get inspired by our high energy instructors.

Aqua Blast: *Mod-High Intensity*

This one hour, total body water workout helps build cardiovascular endurance while pushing a broader range of muscular strength and motion in your upper body, lower body and core. Kick your aqua fitness up a notch with Aqua Blast.

Swim FUNDamentals: *Low-Mod Intensity*

This one hour swim class is for all skill levels. We will teach you the swimming basics, refine your technique, and you will get a good workout while doing it! This class will be held in the outdoor pool, but may move inside during the colder months.

Masters Swim: *Mod-High Intensity*

This one hour workout focuses on fundamentals, stroke technique, conditioning and stamina building. Whether you were born a water-baby, prefer a low impact workout, or are a triathlete who needs a boost for the swim portion of the race, this workout is for you!

Glide Fit: *Mod-High Intensity*

This one-of-a-kind fitness experience merges our aquatics program with our fitness department. GlideFIT is a low-impact form of exercise performed on a stand-up paddleboard designed to float in our pools. The unstable nature of the board on the water produces a unique and unparalleled training stimulus that challenges your balance, core stability, coordination, and strength. Don't hesitate to amp up your fitness routine with one of our exclusive GlideFIT classes! ***Enroll through our app or by contacting bret@rollingwoodclub.com**

Please bring water to hydrate during class. Supportive aqua shoes are recommended to protect, cushion, and support feet and joints. Please let your instructor know if you are recovering from an injury, are pregnant, or have some other condition that may be affected by exercise. Work out at your own pace! If you feel short of breath, experience severe joint or muscle pain, dizziness or chest pain, STOP exercising immediately and inform your instructor.