

Warm Water Pool Schedule: Winter 2019

607-277-3861/ www.islandhealthfitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Wakeup 6:30-7:30am <i>Connie</i>	Jammin' 6:30-7:30am <i>Jamie</i>	Water Wakeup 6:30-7:30am <i>Connie</i>	Jammin' 6:30-7:30am <i>Jamie</i>	Water Wakeup 6:30-7:30am <i>Connie</i>	
Aqua Core 7:30-8:30am <i>Judy</i>	Arthritis Aquatics 8:45-9:25am <i>Hilary</i>		Aqua Core 7:30-8:30am <i>Judy</i>		Shimmin' and Shakin' 8:30-9:30am <i>Drew and Jody</i>
CMC Physical Therapy 9-10am	Aqua Zumba 9:25-10:15am <i>Hilary</i>	CMC Physical Therapy 9-10am	Arthritis Aquatics 9:35-10:15am <i>Hilary</i>	CMC Physical Therapy 9-10am	CRC Aquatics 9:45-10:45am <i>Judy</i> Fee & Sign-Up
Aqua Easy 10:15-11:15am <i>Doreen</i>	Aqua Easy 10:30-11:30am <i>Doreen</i>	Aqua Easy 10:15-11:15am <i>Doreen</i>	Aqua Zumba 10:15-11:15am <i>Hilary</i>	Aqua Easy 10:15-11am <i>Marisa</i>	
CMC Physical Therapy 11:15am-12:15pm		CMC Physical Therapy 11:15am-12:15pm		CMC Physical Therapy 11:15am-12:15pm	
CMC Physical Therapy 2:30-3:30pm		Aqua Zumba 12:15-1:15pm <i>Hilary</i>		Senior Swim Lab 1-2pm Fee & Sign-Up	
CMC Physical Therapy 4:15-5:15pm	Oldies in the Afternoon 2:30-3:30pm <i>Dianne</i>	CMC Physical Therapy 2:30-3:30pm		CMC Physical Therapy 2:30-3:30pm	
Aqua Cheers! 5:15-6pm <i>Jody</i>		CMC Physical Therapy 4:15-5:15pm			
Aqua Zumba 6-7pm <i>Mark</i>	Aqua Dance 5:30-6:30pm <i>Nicole</i>	Shimmin' and Shakin' 6-7pm <i>Drew and Jody</i>	Aqua Dance 5:30-6:30pm <i>Nicole</i>		
Total Immersion 7-8:30pm Level 1 Fee & Sign-Up	Total Immersion 6:30-8:30pm Level 1 Fee & Sign-Up	Total Immersion 7-8pm Swim Strokes Clinic Fee & Sign-Up	Total Immersion 6:30-8:30pm Level 2 Fee & Sign-Up		



Welcome to Island Aqua Fitness! *All classes are free for members unless otherwise noted.*

Aqua Cheers! We combine stretching, strengthening, lengthening, conditioning, balancing and breathing. Appropriate for all levels of fitness. Work at your present level of fitness, while safely challenging yourself.

Aqua Core: This class incorporates Pilates' principles with modern anatomical guidelines and physical therapy practices. The workout with challenges balance, coordination, and strength.

Aqua Easy: Enjoyable water aerobics class adaptable for all ages for a gentle to moderate workout. Each class includes stretching, cardio, and toning.

Aqua Zumba: The Zumba "pool party"! A safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating!

Arthritis Aquatics: Perfect for individuals with limited mobility, decreased joint movement, or those looking for a low intensity exercise program. We will slowly work through each joint and muscle group to increase your performance with everyday activities.

CRC Aquatics: Fee/sign-up for this class. Runs Saturday mornings, generally between November and March. See front desk for more details.

Jammin': Let your heart rate and spirits rise with the sun! Enjoy cardio, toning and stretching to great tunes. Energize your day!

Senior Swim Lab: Fun and safe opportunity for seniors who want to learn how to swim or improve swim technique. We explore: balance and relaxation in water, breathing, and efficient swim technique. Fee and sign-up.

Shimmin' and Shakin': High energy routines designed to strengthen limb and core muscles, improve range of motion and reflexes, and provide cardiovascular conditioning, all accompanied by classic rock n roll tunes.

Water Wakeup: Forget that morning cup of coffee, come get your hit of mental and physical espresso! A high energy class to wake you up and get you moving for the day. Cardio to get your heart pump, tuning for major muscles, and finish with a stretch,

Total Immersion Swim Mastery Classes: Led by Coach Shane, each session consists of a 90-minute session with guidance on what and how to practice between sessions. Level 1 focuses on ease and efficiency, and Level 2 is all about sustainability. Fee and sign-up.

Winter Pool Hours:

Monday-Friday 5:45am-9:15pm;
Saturday and Sunday 7:15am-6:45pm

Please note: During CMC Physical Therapy class times, members will still have access to the deep end of the Warm Pool, the Lap Pool, and Whirlpool spa. During Warm Pool Classes, the warm pool may be CLOSED at the discretion of the instructor. Please be courteous while using warm pool during PT and class times. During Lap Pool class times, at least 1 lane will remain open to swimmers. Circle swimming required when lap pool is busy.

Lap Pool Schedule

Tuesday	Wednesday	Thursday
Total Immersion Swim Mastery 11:15am-12:45pm Kaizen Advanced Fee & Sign-Up		
	Total Immersion Swim Strokes Clinic 7-8pm Fee & Sign- Up	Total Immersion Level 2 6:30-8pm Fee & Sign- Up