



# Palos Health & Fitness Center Aquatic Schedule

January 11 – March 28, 2010



## Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:20-9:10am	Aqua Dynamics Maria	Aqua Motion Diana	Aqua Dynamics Tom	Aqua Motion Tom	Aqua Aerobics Michelle		
8:45-9:35						Aqua Aerobics Rotation	
9:20 –10:10	Aqua Aerobics Michelle		Aqua Aerobics Maria		Aqua Motion Rotation		
9:45 – 10:35		Aqua Aerobics Patti		Water Works Patti			
10:15 – 11:00	* MS Aquatics Diana		*MS Aquatics Diana		*MS Aquatics Diana		
12:00– 3:00pm							Family Swim
4:45- 5:35	Aqua Aerobics Michelle/Maria		Aqua Motion Michelle				
6:00 – 6:50pm		Water Works Maria		Aqua Aerobics Maria			

## Therapy Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15–10:00 am	Senior Aqua Diana	Arthritis Aqua Diana	Senior Aqua Diana	Arthritis Aqua Tom	Senior Aqua Diana		
10:00 – 10:50		Arthritis Aqua Diana		Arthritis Aqua Tom			
10:15 – 11:00	Senior Aqua Michelle		Senior Aqua Tom		Senior Aqua Tom		
11:00 –11:40		*Parent & Tot <i>Fee based</i>					
12:00 -12:50pm	Wet Program Maria		Wet Program Maria		Wet Program Maria		Family Swim (12 -3 pm)
12:30 – 1:20		Wet Program Diana		Wet Program Diana			
1:00 – 2:00			** Pulmonary Program				
1:30 – 2:15				Yoqua /Diana			
6:00 – 6:40				*Parent & Tot <i>Fee based</i>			
6:45 – 7:35	Wet Program Maria		Wet Program Michelle				
7:00 – 7:50 pm		Arthritis Aqua Michelle		Wet Program Diana			

• Attention Lap Swimmers – One lane available for lap swimming during Aqua Aerobic Classes •

Birthday Swim Parties held on Saturdays & Sundays between Hrs. of 12:00-3:00 pm - *Please check front desk for schedule*

*\*Pre-registration required at Member Services Desk 708.226-0555*

*\*\* Meets 1<sup>st</sup> Wednesday of Month Only*

**Aquatic Schedule available online at [www.palosfitness.com](http://www.palosfitness.com)**

## Lap Pool Class Descriptions

**Aqua Aerobics (All):** Put the water resistance to work for you during this high-energy cardiovascular workout. The class concludes with strengthening exercises and a stretch.

**Aqua Circuit (All):** This class combines stations of both cardio and strength training exercises for your entire body. Aqua equipment is provided.

**Aqua Dynamics (Int. Adv.):** a variety of unique movements will be incorporated into this class to work your muscles and keep your heart pumping.

**Aqua Motion (All):** this class targets all aspects of physical fitness through movement in the water. Creative cardiovascular work will be combined with water resistive training to tone and firm the whole body!

**Family Swim:** Enjoy free time in the pool while you and your family (ages 6 months and up) can play games, relax, and spend quality time together. A lifeguard will be on duty. Children must be accompanied by their parent(s) and infants must have water diapers on. Please use family changing rooms.

**\*Multiple Sclerosis Aquatics:** this class is designed for individuals with MS. Participants will achieve improvements in muscular strength, balance, coordination, and an increase in circulation. Water exercises help to reduce spasticity, and maintain or improve joint flexibility and range of motion. Held in lap pool and led by Instructors trained through National Multiple Sclerosis Society.

**Water Works (Beg. Int.):** This 50 minute water class makes the most of the waters resistive qualities. This low impact workout is perfect for the fit, pregnant or joint sensitive individual.

## Therapy Pool Class Descriptions

**Arthritis Aquatics:** This program is geared for individuals with mobility challenges such as arthritis, joint injuries, or surgery. Class will consist of low intensity exercises emphasizing range of motion with the aid of the waters buoyancy and resistance. Exercises designed by the NAF and are led by Certified Instructors.

**Senior Aqua:** This class will focus on light cardiovascular conditioning, along with basic aquatic toning Exercises, equipment will be used. This 45-minute program is a great option for those who are ready for a more challenging workout!

**Wet Program (Water Exercise Therapy):** Taught by a Certified Aquatic Instructor, this class is ideal for those with arthritis, joint replacement, fibromyalgia, Chronic pain, etc. Participants engage in a variety of exercises that will improve range of motion and strengthen muscles and joints.

**Yoga:** Experience Yoga in the water! Instructor will take you through a series of basic yoga poses in the warm water. Great class for all levels!

**\*Pre-registration required at Member Service Desk. New Participants must meet with Instructor prior to first Class.708-226-0555**

***Private Swim Lessons and Aquatic Personal  
Training available; Contact Scott Byrdak 226-0555 x 144***