

## CLASS DESCRIPTIONS

### Advanced Fitness Swim (3) Lap swimming.

Come improve your stroke, fitness level, or train for a special event, such as a triathlon or Ironman. Drill and speed work. Having basic swimming skills is a prerequisite.

Aqua Fit (1-3) A shallow water workout using a variety of tools to improve strength, cardiovascular endurance, flexibility, and range of motion. Perfect for all levels and safe for non-swimmers.

Aqua Tabata (2-3) Take one of the most effective types of interval training into the water! Tabata consists of 20 seconds anaerobic exercise followed by 10 seconds of rest for eight rounds. These four minute simple, yet intense exercise circuits will torch calories and build muscle!

Aqua Zumba® (1-3) Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Waterlates (1-3) Exactly as it sounds-this class is Pilates in water. Unlike regular Pilates there is no mat work involved. While working in chest deep water this workout relies on resistance, buoyancy, and gentle movement of water to increase flexibility, balance, and most importantly strengthening of the core and postural muscles of the back and the stomach.

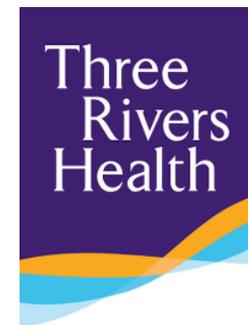
Water Aerobics (2-3) Challenge you cardiovascular system and muscles at the same time! Weights, noodles, boards and more may be used to make for a fun and effective class!

## CLASS LEVELS

- 1 Beginner**-Perfect for novice exercisers! If you are currently somewhat active in your daily life but do not accumulate 30 minutes or more of physical activity most days of the week beginner classes are perfect for you!
- 2 Moderate**-A moderately active person is one who does exercise but currently gets less than the recommended 2 1/2 hours per week or moderate exercise such as walking or riding a bike on a level surface.
- 3 Advanced**-Perfect for the experienced exerciser who works out vigorously for at least one hour and fifteen minutes each week doing activities such as jogging, high-intensity aerobics and biking hills.

# HealthTRAC Water Class Schedule

WINTER/SPRING 2017



HealthTRAC  
269.278.8722  
501 S. Health Parkway  
Three Rivers, MI 49093  
[www.threerivershealth.org](http://www.threerivershealth.org)

## Monday

Time	Class	Instructor
9:10-10:05	Water Aerobics	Lynn
10:15-11:00	Aqua Fit	Lynn
5:30-6:30pm	Water Aerobics	Lesa

## Tuesday

Time	Class	Instructor
8:30-9:20	Advanced Fitness Swim	Kerry
9:30-10:30	Waterlates	Laura
6:00-6:45	Fitness Swim	Julie

On Tuesday evenings from 6:00-6:45pm the pool is reserved for Fitness Swim class participants only. During this time the hot tub and sauna are available for your use.

On Tuesday/Thursday morning from 8:30-9:20am all lanes MAY be used by Advanced Fitness Swim class participants.

Wednesday Aqua Fit at 10:10am is available to COA Members

## Wednesday

Time	Class	Instructor
9:15-10:00	Aqua Zumba®	Kathy B
10:10-11:00	Aqua Fit	Kathy B
5:30-6:30pm	Water Aerobics	Lesa

## Thursday

Time	Class	Instructor
8:30-9:15	Advanced Fitness Swim	Kerry
9:30-10:30	Waterlates	Laura
6:00-6:45	Aqua Zumba	Hope/Kathy B

**Classes are available to members free of charge. Anyone is welcome to try a class! Take a look at the class ratings and descriptions to see which class best suits your fitness level and interest!**

**Non-Members: Purchase a group fitness class wristband for \$5.00 to attend a group fitness class! Wristband is good for one class only!**

## Friday

Time	Class	Instructor
9:10-10:05	Water Aerobics	Lynn
10:15-11:00	Aqua Fit	Lynn

## Saturday

Time	Class	Instructor
9:00-10:00	Aqua Tabata	Hope, Kathy, Lynn

There are always two lanes available for lap swimming during Water Class hours unless otherwise noted!



**Like us on Facebook for class updates and notifications!**

Effective January 2nd, 2017-  
May 26th, 2017  
No classes May 27th and 29th