

# Summer Spring Aqua Class Schedule

06/01/2019  
Effective ~~05/18/2019~~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DEEP Water Core & More 7:30 – 8:25 am PAM		Mind Body Motion 7:30 – 8:25 am STACY C	Arthritis Foundation Level 2 8:00 – 9:00 am LIZ	Aqua Cross Training 8:30 – 9:25 am GERRY
	Aqua Bootcamp 8:30 – 9:25 am GERRY		Aqua Bootcamp 8:30 – 9:25 am GERRY		
<b>NEW</b> Aqua Strong 9:00 – 9:55 am ANDREA		Mind Body Motion 9:00 – 9:55 am CONNIE		Aqua Conditioning 9:00 – 9:55 am PAM	Core Cardio Aqua 9:30 – 10:25 am STACY C
	Aqua Cross Training 9:30 – 10:25 am GERRY		Aqua Interval Express 9:30 – 10:15 am KIM		
<b>NEW</b> Aqua Soul 10:00 – 10:55 am ANDREA		Aqua Interval 10:00 – 10:55 am STACY C	Aqua Run 10:15 – 11:00 am ALLIE	Arthritis Foundation Level 2 10:00 – 11:00 am PAM	<b>SUNDAY</b> Aqua Zumba® <del>10:00 – 10:55 am</del> Starting 6/2 9:30-10:25 JENNIFER
	Arthritis Foundation Level 1 11:00 am – 12:00 pm DEBBIE A	Arthritis Foundation Level 1 11:00 am – 12:00 pm DEBBIE M	Arthritis Foundation Level 1 11:00am – 12:00 pm DEBORAH	Arthritis Foundation Level 1 11:00 am – 12:00 pm PAM	
Arthritis Foundation Level 1 12:00 – 1:00 pm DEBBIE M	Arthritis Foundation Level 1 12:00 – 1:00 pm DEBBIE A		Arthritis Foundation Level 1 12:00 – 1:00 pm CELESTE		
	Arthritis Foundation Level 2 1:00 – 2:00 pm PAM		Arthritis Foundation Level 2 1:00 – 2:00 pm PAM		
Cardio Core Aqua 6:00 – 6:55 pm STACY C	Aqua Cross Training 6:00 – 6:55 pm GERRY	Aqua Cross Training 6:00 – 6:55 pm GERRY	Aqua Dance & Tone 6:00 – 6:55 pm JENNIFER		
Arthritis Foundation Level 1 7:00 – 8:00 pm DEBORAH	Arthritis Foundation Level 1 7:00 – 8:00 pm KIM	Arthritis Foundation Level 1 7:00 – 8:00 pm KIM			
			Master Swim Classes (\$) 7:15 – 8:30 pm CAROL R		

### KEY:

#### Sign up at the Front Desk

- Therapy Pool
- Group Exercise Pool
- Lap Pool

#### Registration required

- AFAP I: Therapy Pool
- AFAP II: Group Exercise Pool

Must sign-up at Front Desk and obtain wristband for all Classes

(\$ ) Fee Based Classes



Center for  
HealthFitness  
Moorestown

### FACILITY HOURS:

Monday – Thursday 5:00 am – 10:00 pm

Friday 5:00 am – 9:00 pm

Saturday – Sunday 6:00 am – 6:00 pm

# Class Descriptions

## **Arthritis Foundation Aquatics Program (AFAP) Level 1:**

Designed for people with arthritis and related conditions, this program takes place in the warm-water therapy pool (about 92 degrees). Exercise is gentle and non-impact to improve range of motion, endurance, balance, and stability. Enrollment into the AFAP is required.

## **Arthritis Foundation Aquatics Program (AFAP) Level 2:**

A more advanced program compared to the AFAP Level 1 class, the Level 2 class takes place in the group exercise pool (about 87 degrees). The program consists of range of motion exercises, moderate cardiovascular endurance exercise, and relaxation techniques. Enrollment into the AFAP is required.

**Aqua Boot Camp:** This high-intensity class combines a cardiovascular and muscle workout using water resistance to build up strength and tone muscles. Participants will burn calories while building strength and flexibility. It is low-impact on the joints because the water will provide cushion.

**Aqua Conditioning:** This class combines cardiovascular and muscle strengthening exercises using water resistance and some equipment. Challenging yet adaptable for all levels.

**Aqua Cross Training:** High-energy aqua class that incorporates great music, choreography and advanced muscular training to enhance cardio fitness. Excellent cross-training.

**Aqua Dance & Tone:** High energy aqua class that incorporates great music, choreography and advanced muscular training to enhance cardio fitness and muscular strength.

**Aqua Interval:** A mix of high-intensity and low-intensity designed to improve your cardiovascular system, strengthen muscles, improve balance and coordination, and burn calories — all while having fun and staying cool! All levels welcome!

**Aqua Run:** Participants wear float belts to perform various endurance and interval training exercises in the lap pool. Excellent cross-training for athletes and a great cardio workout for all!

**Aqua Soul:** Low-impact aquatic fitness class focusing on sculpting/toning, flexibility and balance. Rhythmic, flowing aquatic movements will come alive to soulful music including everything from today's hits to some of your Motown favorites!

**Aqua Strong:** Athletic-based aqua class focusing on cardio, total body strength-based movements and power. Incorporating high-intensity interval training and plyometrics (with modifications, if needed). This class will utilize equipment to maximize aquatic resistance for all-out power to take you to the next level..."Aqua Strong"

**Aqua Ultimate Interval:** Various training options to transform your workout into an energizing hour with creative movement in the water. Convince even the most curious that water really works!

**Aqua Zumba®:** Come join the "pool party." This class integrates the Zumba formula and philosophy along with some traditional aqua disciplines. But don't be fooled. This is not your traditional aqua class. Challenge your body as you work against the resistance of the water, moving to your favorite Latin beats.

**Cardio Core Aqua:** This athletic class brings the power to the pool. Intense cardio and focused core/abdominal exercises will challenge all levels.

**DEEP Water Core & More:** Combining range of motion, core strength & flexibility exercises, this class will focus on strengthening your core muscles for better balance and stretching to release back tension. No impact on your joints. Perfect for people with Arthritis and other orthopedic concerns. This class is held in the deep end of the therapy pool with flotation equipment. All levels welcome.

**Master Swim Classes:** A fee based swim program. This program is intended for recreational, Masters Swimmers & Triathletes. Please inquire at the front desk for details.

**Mind Body Motion:** The perfect workout for the mind, body, and soul! Safely build muscle and overall strength for greater range of motion and flexibility. Each class incorporates yoga poses for strength and balance while connecting breath and movement. All levels welcome!

### **AQUA SIGN-IN PROCEDURE**

In order to participate in an Aqua Class in the Group Exercise Pool, you must sign up at the Members Services desk prior to class start time. When you sign up, you will be given a TICKET or WRISTBAND for THAT CLASS ONLY. Please give the ticket to the instructor at the pool. **If you do not sign up for the class, you may be denied participation.**

# Pool Policies

## **Group Exercise Pool**

- In order to participate in an Aqua Class in the Group Exercise Pool, you must sign up at the member service desk prior to class start time. When you sign up you will be given a WRISTBAND or TICKET FOR THAT CLASS ONLY. Please give the ticket to the instructor at the pool. If you do not sign up for the class, you may be denied participation.
- Temperature range is 85–87 degrees.

## **Warm-Water Therapy Pool**

- During class times the warm-water therapy pool will be restricted to class participants only.
- It is recommended that use of the therapy pool should be kept under 1 hour.
- Temperature Range is 85–92 degrees.

## **Lap Pool**

- When the lap pool is full (6+ members), only lap swimmers will be able to use the pool.
- Members must share lanes if use permits so. A member cannot deny someone from sharing a lane with them.
- Temperature range is 80–82 degrees.


## **Spa**

- It is recommended that use of the spa be kept to less than fifteen minutes.
- The Spa may close early on selected nights for scheduled maintenance and cleaning.
- Temperature range is 100–104 degrees.

**Lightning Policy** – Virtua will require immediate closure of all pools in the event that lightning or thunder is present in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.

**Equipment Policy** – Members are required to retrieve and return aquatic exercise equipment.

**Fire Policy** – In the event of a fire drill, all members must clear the pools and gather in the emergency exit way and wait for further instruction from aquatics staff.

 Please review and observe the Pool Policies.