



AQUA CLASSES - EXERCISE POOL

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Bootcamp 5:15-6:00am Whitney		Aqua Bootcamp 5:15-6:00am Wil		Aqua Bootcamp 5:15-6:00am Kim		
Aqua Fit 8:30-9:15am Jan	Aqua Fit 8:30-9:15am Colleen	Aqua Fit 8:30-9:15am Carissa	Aqua Fit 8:30-9:15am Colleen	Aqua Fit 8:30-9:15am Colleen/Jan	Aqua Combo 8:30-9:15am Rotation EXERCISE POOL AND LAP POOL	Aqua Bootcamp 8:30-9:15am Staci
Aqua Combo 9:30-10:15am Staci LAP POOL	Aqua Combo 9:30-10:15am Colleen LAP POOL	Aqua Combo 9:30-10:15am Staci LAP POOL	Aqua Combo 9:30-10:15am Colleen LAP POOL	Aqua Combo 9:30-10:15am Fallon LAP POOL		
Aqua Fit 11:00-11:45am Jan	Aqua Bootcamp 11:00-11:45am Colleen	Aqua Lite 11:00-11:45am Jan	Aqua Fit 11:00-11:45am Carissa	Aqua Dance 11:00-11:45am Andrea		
	Aqua Wellness 1:00-1:45pm Rotation		Ai Chi 1:15-2:00pm Rotation			Aqua Bootcamp 1:00-1:45pm Megan/Nicole
Aqua Bootcamp 4:45-5:30pm Shauna	Gentle Movement 4:45-5:30pm Susan		Aqua Bootcamp 4:45-5:30pm Shauna	Family Swim Time 5:00-6:30pm		Family Swim Time 2:00-5:45pm
Aqua Combo 5:45-6:30pm Whitney	Aqua Bootcamp 5:45-6:30pm Wil	Aqua Combo 5:45-6:30pm Julie	Aqua Bootcamp 5:45-6:30pm Whitney			
	Aqua Volleyball 7:00-8:30pm					

Any time when there is no class being held, it is **OPEN SWIM time**.

Class schedule including formats, times, and instructors subject to change without notice. Classes with low attendance will be cancelled. Updates posted in advance when possible. Thank you for your understanding.

Aqua Class Descriptions:

Ai Chi: Slow and broad movements focusing on breathing, upper limb movement, trunk stability, lower limb movement, balance and coordinated total body movements. Ai Chi also includes important elements necessary for balance and fall prevention. This class is taught by a physical therapist and is recommended for patients with neurological conditions and arthritis.

Aqua Bootcamp: Intense aqua workout for the whole body. Class will use interval training with/without resistance weights combining strength training with cardiovascular fitness. Participants will also strengthen their core with standing and floating abdominal exercises. *Exercise Intensity: 4-5 Joint Impact: High*

Aqua Combo: Challenging cardio and resistance training class. Incorporates intervals and equipment to build cardio, strength, flexibility and endurance. *Exercise Intensity: 4 Joint Impact: High*

Aqua Dance: Fun music and choreographed exercises designed to get you moving and grooving in this dance inspired class. *Exercise Intensity: 2-4 Joint Impact: Medium-High*

Aqua Fit: Well rounded, moderate intensity class designed to provide a complete workout including cardio, resistance training, abdominal work and stretching. *Exercise Intensity: 2-3 Joint Impact: Low-Medium*

Aqua Lite: Focused aqua class designed to increase flexibility, range of motion, and stability. Pilates like movements are used to improve balance, strengthen core, and stretch the whole body. *Exercise Intensity: 1 Joint Impact: Low*

Aqua Wellness: This water exercise class can help lessen symptoms of neurological disease and is designed to improve balance, flexibility, strength, and walking ability through water's buoyant environment. Water allows the freedom to move and exercise with more ease and less pain. *Exercise Intensity: 1 Joint Impact: Low*

Gentle Movement: Focus is to complete slow, gentle, big range of motion movements for upper and lower extremities to regain strength, active movement, core strength and balance. Exercises will assist with healthy lymphatic drainage/swelling reduction while learning safe exercise techniques. *Exercise Intensity: 1 Joint Impact: Low*



*The pool closes 15 minutes before the center for routine maintenance.

**The pools and pool deck locker rooms close at 7pm on Fridays. Hot tubs remain open until 9pm.

www.mercyhealthfitness.com

12493 University Avenue, Clive, Iowa 50325 - (515) 226-9622

Center Hours*

Monday – Friday**
4:30 a.m. – 9:00 p.m.

Saturday
6:00 a.m. – 6:00 p.m.

Sunday
8:00 a.m. – 6:00 p.m.