



AQUA CLASSES - EXERCISE POOL

FEBRUARY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|--|
| Aqua Bootcamp 5:15-6:00am Lyne | | 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 Wil |
| Aqua Combo 9:30-10:15am Lia LAP POOL | Aqua Combo 9:30-10:15am Colleen LAP POOL | Aqua Combo 9:30-10:15am Jan 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 | | | | | Aqua Bootcamp 1:00-1:45pm Megan/Nicole |
| Aqua Bootcamp 4:45-5:30pm Shauna | Gentle Movement 4:45-5:30pm Lia | | 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:

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.