

Aquatic Fitness – Fall 2017

Session 1: Aug. 28 to Oct. 19

Session 2: Oct. 23 to Dec. 15

Therapy Pool

	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.	Aqua Motion Marianne/Cindy ♦ Code: 230111-01	Aqua Motion Marianne ♦ Code: 230111-02	Deep Water Conditioning Tracy ▲ Code: 230112-01	Aqua Motion Cindy ♦ Code: 230111-06	Deep Water Conditioning Tracy ▲ Code: 230112
10 a.m.	Joyful Joints Marianne/Cindy ♦ Code: 230110-01	Aqua Pilates Core Control Marianne ♦ Code: 230113-01	Aqua Motion Tracy ♦ Code: 230111-04	Aqua Pilates Core Control Cindy ■ Code: 230113-06	Aqua Motion Marianne/Cindy ♦ Code: 230111-09
11 a.m.	Joyful Joints Marianne/Cindy ■ Code: 230110-02		Joyful Joints Tracy ■ Code: 230110-04		Joyful Joints Marianne/Cindy ■ Code: 230110-06
5:30 p.m.		Aqua Motion Cindy ♦ Code: 230111-03		Aqua Motion Diane ♦ Code: 230111-07	
6:30 p.m.		Joyful Joints Cindy ■ Code: 230110-03	Aqua Pilates Core Control Cindy ■ Code: 230113-02	Joyful Joints Diane ■ Code: 230110-05	
7:30 p.m.			Deep Water Conditioning Cindy ▲ Code: 230112-02		

Competition Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 p.m.		H.E.A.T. Cindy ▲ Code: 230124-01		H.E.A.T. Diane ▲ Code: 230124-02		

Aqua Motion-

This class is for those ready to move on from Joyful Joints, want a more intense workout, or wish to change. It uses many of the same movements as Joyful Joints, but does incorporate some deep water and flotation devices.

Aqua Pilates Core Control-

Movements based on the Pilates method bring a workout that increases flexibility while challenging individuals to maintain core stabilization, postural alignment and balance.

Deep Water Conditioning-

Focus on cardiovascular and strength training with zero impact. Experience the contrast

between high- and low-intensity progressions in the water

H.E.A.T.- High Energy Aquatic Training (H.E.A.T.) is a full-body aqua-cardio challenge that is a fun and effective way to burn calories and strengthen muscles. This high-intensity class is great for cardiovascular fitness, coordination, muscle control and flexibility.

Joyful Joints- Focus on range of motion, flexibility, strength training and cardiovascular fitness while decreasing pain, based on the premise that exercise is essential to maintaining the ability to perform daily tasks. Ideal for those experiencing arthritis pain and/or stiffness.

- All classes are 45 minutes.
 - Beginner or specialty population class
 - ♦ Beginner to intermediate class
 - ▲ Intermediate to advanced class
- All aquatic classes have educated fitness instructors who are certified by NETA, AEA, USWFA and/or Arthritis Foundation.
- Classes may change due to low attendance. There is a minimum of eight participants.

Schedule subject to change due to low enrollment.

Please reference our quarterly Fox Valley Park District Activity Guide for more information about registering for aquatics programs, or contact Christine Pfau, aquatic fitness coordinator, at 630-907-9600 x1161.