

Sanford Wellness Center Aquatics Class Descriptions

Boot Camp: Hardcore, non-stop workout designed to take you to your limit! A great cross training class to challenge your body. Bring your water. Yes, you will sweat!

BUNS-N-BELLIES: A great lower body workout. No jumping – all abs and lower legs. Good muscle control workout.

CIRCUIT: 2nd and 4th Wed. High Intensity Circuit Workout.

DEEP EXPRESSIONS: 30 minute deep water class – incorporating abdominal work throughout the class.

DEEP WATER FUSION: Experience the “Fusion” or blending together of a variety of aquatic equipment such as: hydrocuffs, beach balls, fins, aqua gloves, noodles, leg bands, weights, etc. Achieve 30-40 minutes of deep water aerobics and toning, hand weights and cool down. This 60 minute class is for all fitness levels with determined energy! Be ready to work hard with a fun twist.

DEEP WATER CARDIO: 45 Minutes of deep water aerobics including warm-up, abs, and cool-down.

DEEP WATER POWER: Deep water aerobics that includes 25-30 minutes of intense aerobics, lifting weights, abdominal exercises, cool down and stretch.

ENERGY DEEP ZONE: (8:15 – 9 a.m.) Move through different patterns, circuits and intervals to get a total body workout.

GETTING TO KNOW YOU: Class starts in deep with noodle and lots of conversation.

HIGH INTENSITY SHALLOW: Shallow water high intensity aerobics. May periodically include hydorrider. (Level II,III)

HIGH POWER COMBO: This high-energy class focuses on increasing cardiovascular endurance, body toning and core strengthening. We'll spend time in both the shallow and deep ends of the pool. Come work off stress and calories with us!

HYDRORIDER: Work at your own pace and try a new cycling experience in the water! This class is a 45 minute cycling class for persons wishing to ride a bike for the first time or the avid cyclist that wants to improve their pedal stroke. Shoes are required. Tickets for class can be picked up in the pool area 30 minutes before the start of class.

INTEGRAL INTERVALS: A 60 minute class that will combine high intensity intervals with low intensity intervals; abdominal work at the end.

INTERVALS DYNAMICS: Deep water class that uses hydro cuffs or belts; includes 30 minutes of cardio intervals in deep water; strength training; cool down and stretch.

IT'S IN THE CARDS: This is a shallow water workout. Someone in class will draw from a deck of cards for the format of the class. This class will use all kinds of equipment, so come prepared for some fun and surprises.

MASTER'S SWIMMING: All swimming levels are welcome. Swim between 1800-3000 yards.

MIX & MATCH: 60 minutes of shallow or deep aerobics; class may include core work, hydorrider, strength training, and stretching.

OPEN SWIM DEEP: During shallow water aerobics classes, there is open swim in the deep end. Please be considerate of noise levels during class.

“PAY IT FORWARD” DEEP WATER AEROBICS & STRENGTH TRAINING: The effort of the member during the class will “pay forward” by increasing stamina throughout the day and improving overall muscle tone. Focuses on variety by offering alternating formats to challenge members to increase endurance and effort.

SHALLOW INTERVALS AND RESISTANCE: 20 minutes of cardio intervals and resistance work with equipment; abdominal; cool down and stretch.

SHALLOW WATER CIRCUIT/EXERCISE: A 45 – 60 minute class conducted in the shallow water using various circuit intervals and weights to achieve a total body aerobic workout.

USE YOUR NOODLE: Deep water aerobic class to include 30 minutes of aerobics & 15 minutes warm up, cool down, abdominals & Stretch.

WATER WALKING (No Instructor): (1 – 2 p.m.) Time for people who enjoy walking in the shallow or deep water. Pool staff is available for questions.

WHAT'S UP IN THE DEEP: Cardio workout in the deep with shallow water toning. (Level I/II)

WIN WITH FINS: Strength training and fins for 30 minutes. Abdominals or weights for 10 minutes.

WORKING OUT 4 TWO: A 45 minute aerobic/toning class specifically designed for expectant mothers. The first Wednesday of the month a child birth educator will come to class at 6 p.m. for an education time.

- *During an electrical storm, the pool will be closed until the storm passes.*
- *Pool temperature: 82-84°*
- *Whirlpool temperature: 102°-104°*
- *Please ask the pool staff for assistance if a 3rd lap lane is needed.*

MAIN POOL SCHEDULE



SEPT. 1 – OCT. 19, 2009

Swimming Pool Hours

Pool Closes 15 Minutes Before Facility

Monday – Friday: 5:30 a.m. – 9:45 p.m.

Saturday: 7 a.m. – 5:45 p.m. & Sunday: 10 a.m. – 5:45 p.m.

Sanford
Wellness Center

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MAIN POOL SCHEDULE

September 1 – October 19, 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7 a.m.	5:45 – 7:00 "Pay it Forward" Deep Water Aerobic & Strength	5:40 - 6:10 Hydrorider 6:15 - 6:45 Hydrorider	5:45 – 7:00 "Pay it Forward" Deep Water Aerobic & Strength	5:40 – 6:10 Hydrorider 6:15 - 6:45 Hydrorider NEW: Mix & Match 5:45-6:45 Last Thursday of Every Month	5:45 – 7 "Sun's Up" Strength & Fitness		
7 – 8 a.m.	7:15-8:00 Hydrorider Water Walking Deep	7 – 7:30 Win with Fins Lap Swim	LAP SWIM Water Walking	7 – 7:30 Win with Fins Lap Swim	LAP SWIM Water Walking	LAP SWIM Water Walking	
8 – 9 a.m.	8:30 Use your Noodle (Deep)	8:15 Shallow Intervals & Resistance	8:30 – 9:15 Deep Water Cardio Circuit (2 nd & 4 th)	8:15 Cards or Step (Shallow)(1 st & 3 rd)	8:00 – 8:45 Energy Deep Zone	8 – 8:45 High Intensity (Shallow)	
9 – 10 a.m.	OPEN SWIM & Water Walking	9:00 Deep Water Power	9:15 Getting to Know You	9:00 Deep Water Fusion	9:00-9:30 Hydrorider 9:40 – 10:30 Shallow Water Exercise	8:45 – 9:45 Interval Dynamics (Deep)	
10 – 11 a.m.	10:00 Integral Intervals Open Swim (Deep)	OPEN SWIM	10:00 Shallow Water Circuit Open Swim (Deep)	OPEN SWIM	10:30 OPEN Swim LAP Swim	9:45 – 10:30 Working Out 4 Two	OPEN SWIMMING
11 a.m. – Noon	OPEN Swim LAP Swim Water Walk	OPEN SWIM	OPEN Swim LAP Swim Water Walk	OPEN SWIM	OPEN Swim LAP Swim Water Walk	10:15 – 11:30 Masters Swim	OPEN SWIMMING
Noon – 1 p.m.	OPEN Swim LAP Swim Water Walk Masters Swim	LAP SWIM ONLY/ No Open Swim Hydrorider 12:45-1:30	OPEN Swim LAP Swim Water Walk Masters Swim	No Open Swim LAP Swim Water Walk	OPEN Swim LAP Swim Water Walk	OPEN Swim LAP Swim Water Walk	OPEN Swim LAP Swim Water Walk
1 – 2 p.m.	Deep Water Power	Water Walking (No Instructor) Open Swim Deep	What's Up In the Deep	Water Walking (No Instructor) Open Swim Deep	Deep Water Power	OPEN SWIMMING	OPEN SWIMMING
2 – 4 p.m.	OPEN SWIMMING 2:00-5:00 pm	OPEN SWIMMING	OPEN SWIMMING 2:00-5:00 pm	OPEN SWIMMING	OPEN SWIMMING	OPEN SWIMMING	OPEN SWIMMING
4 – 5:15 p.m.	OPEN SWIM 2:00-5:00 4:30 – 5 Buns-n-Bellies Gym Clothes – Classroom A	OPEN SWIM	OPEN SWIMMING 2:00-5:00 pm	OPEN SWIM	OPEN SWIMMING 4 - 6 OPEN Hydrorider No Instructor Must Have Attended 3 Classes	OPEN SWIMMING	OPEN SWIMMING
5:15 – 6:15 p.m.	5:15 – 6:15 High Intensity Shallow	5:30 – 6 Shallow Water Circuit 6 – 6:30 Deep Expressions	5:15 – 6:00 Boot Camp (Shallow)	5:30 – 6:30 High Power Combo	OPEN SWIMMING	OPEN SWIMMING Until 5:45	OPEN SWIMMING Until 5:45
6:15 – 7 p.m.	Working Out 4 Two	OPEN SWIM	6:15 – 7 Working Out 4 Two	OPEN SWIM	OPEN SWIMMING		
7 – 8 p.m.	Deep Water Power	OPEN SWIM	7 – 8 Boot Camp (Deep)	OPEN SWIM	OPEN SWIMMING		
8 - 9:45 p.m.	OPEN SWIMMING	OPEN SWIMMING	OPEN SWIMMING	OPEN SWIMMING	OPEN SWIMMING		



Please ask the pool staff for assistance if a third lap lane is needed.