





# WaterFitness

## West End July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>AMERICAN FAMILY FITNESS</b> FIT AS YOU WANT TO BE</p> <p><b>Contact Us:</b> 804.364.1200 amfamfit.com bpopelier@amfamfit.com</p>			 <p>Please take a <b>NON-SOAP</b> shower before entering the pools or spa.</p>	<p>1 8:15 Finning Grace 9:30 Deep H<sub>2</sub>O Diane 5:00 JR Pool Activities Michael 6:30 H<sub>2</sub>O Bootcamp Dione 7:30 Poolates Dione</p>	<p>2 8:30 Back Hab Dione 9:30 Splash Out Dione 5:00 Finning ☺ Cameron</p>	<p>3 8:30 Splash Out Natalie 9:30 Finning Natalie NEW 12:30 H<sub>2</sub>O Bootcamp Ray</p>
<p>4 10:30 Splash Out Grace Club closes at 2 pm! Happy 4th of July!</p>	<p>5 8:15 Ai Chi Janet 9:30 Splash Out Dione 6:00 Splashout Brittney 7:00 Waterwalking Janet</p>	<p>6 9:30 Deep H<sub>2</sub>O Dione 5:00 JR Water Sports Cameron 6:30 Aqua Energy Cameron</p>	<p>7 No 8:30 class 9:30 Splash Out Brittney 6:00 Splash Out Dione 7:00 Finning Dione</p>	<p>8 8:15 Finning Grace 9:30 Deep H<sub>2</sub>O Diane 5:00 JR Activities Michael 6:30 H<sub>2</sub>O Bootcamp Dione 7:30 PowerHour Dione</p>	<p>9 8:30 Free to Move Dione 9:30 Splash Out Dione 5:00 Finning ☺ Cameron</p>	<p>10 8:30 Splash Out Natalie 9:30 Finning Natalie ☺ Indicate a family friendly class (ages 9+)</p>
<p>11 10:30 Splash Out Grace 4:00 Aqua Energy Dione  Please remember NO FOOD, NO CAMERAS, and NO CELL PHONES in the wet area.</p>	<p>12 8:15 Waterwalking Grace 9:30 Splash Out Michelle 6:00 Splashout Brittney 7:00 Free to Move Janet</p>	<p>13 9:30 Deep H<sub>2</sub>O Michelle 5:00 JR Water Sports Cameron 6:30 PowerHour Brittney</p>	<p>14 8:30 Deep H<sub>2</sub>O Michelle 9:30 Splash Out Michelle 6:00 Splash Out Dione 7:00 Finning Dione</p>	<p>15 8:15 Finning Grace 9:30 Deep H<sub>2</sub>O Diane 5:00 JR Activities Michael 6:30 H<sub>2</sub>O Bootcamp Dione 7:30 Splash Out Dione</p>	<p>16 8:30 Water Walking Dione 9:30 Splash Out Dione 5:00 Finning ☺ Cameron</p>	<p>17 8:30 Splash Out Natalie 9:30 Finning Natalie NEW 12:30 H<sub>2</sub>O Bootcamp Ray</p>
<p>18 10:30 Splash Out Grace 4:00 Splash Out Dione</p>	<p>19 8:15 Back Hab Janet 9:30 Splash Out Michelle 6:00 Splashout Brittney 7:00 Poolates Janet</p>	<p>20 9:30 Deep H<sub>2</sub>O Michelle 5:00 JR Water Sports Cameron 6:30 Aqua Energy Cameron</p>	<p>21 8:30 H<sub>2</sub>O Bootcamp Michelle 9:30 Splash Out Michelle 6:00 Splash Out Dione 7:00 Finning Dione</p>	<p>22 8:15 Finning Grace 9:30 Deep H<sub>2</sub>O Diane 5:00 JR Pool Activities Michael 6:30 H<sub>2</sub>O Bootcamp Dione 7:30 Poolates Dione</p>	<p>23 8:30 Back Hab Dione 9:30 Splash Out Dione 5:00 Finning ☺ Cameron</p>	<p>24 8:30 Splash Out Natalie 9:30 Finning Natalie  Water shoes and water bottles are highly recommended for all water fitness classes.</p>
<p>25 10:30 Splash Out Grace 4:00 H<sub>2</sub>O Bootcamp Dione</p>	<p>26 8:15 Waterwalking Grace 9:30 Splash Out Michelle 6:00 Splashout Cameron 7:00 Ai Chi Janet</p>	<p>27 9:30 Deep H<sub>2</sub>O Michelle 5:00 JR Water Sports Cameron 6:30 PowerHour Brittney</p>	<p>28 8:30 PowerHour Michelle 9:30 Splash Out Michelle 6:00 Splash Out Dione 7:00 Finning Dione</p>	<p>29 8:15 Finning Grace 9:30 Deep H<sub>2</sub>O Diane 5:00 JR Activities Kastel 6:30 H<sub>2</sub>O Bootcamp Dione 7:30 PowerHour Dione</p>	<p>30 8:30 Water Walking Dione 9:30 Splash Out Dione 5:00 Finning ☺ Cameron</p>	<p>31 8:30 Splash Out Natalie 9:30 Finning Natalie NEW 12:30 H<sub>2</sub>O Bootcamp Ray</p>

# Water Fitness Class Descriptions

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## **WELCOME TO THE POOL!**

Take a quick rinse off, get in, and enjoy a great workout led by our nationally certified instructors. We have something for every fitness level. Please note that not all classes are offered at each location. Check each club's schedule for specific classes! All classes are 60 minutes unless noted otherwise.

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### **AE: Aqua Energy**

Get a great cardio workout right here. Take it as Hi or as Low as you want. Includes strength training and flexibility segments. All levels.

### **AC: Ai Chi**

Aquatic Tai Chi, this simple water exercise and relaxation program is performed using a combination of deep breathing and slow, broad movements of the arms, legs and torso in flowing continual patterns. All levels.

### **BH: Back Hab**

This class will help you to increase range of motion, flexibility, muscular strength as well as movement for activities of daily living.

### **CC: Cardio Circuit**

This class consists of cycles of segmented cardio phases separated by strengthening stations using various pieces of equipment. Great for endurance and muscle development. Intermediate to Advanced.

### **CH: Challenge**

Aerobics, power & resistance training in a longer, more intense cardio phase (35-40 minutes at 70-90% of your target zone). Also includes resistance training and stretches. Intermediate to advanced.

### **\*\*DW: Deep H<sup>2</sup>O**

A deep water workout utilizing different running techniques, interval training and resistance equipment. Use floatation belts to suspend you in the water. Some swimming skills required. Modified for all levels.

### **\*\*Fin: Finning**

You'll love using fins! Fins increase the water you move and the work you do. Great abdominal and lower body workout! Some swimming skills are necessary. Intermediate to Advanced.

### **FTM: Free to Move**

Gentle and slow water movements recommended for members with fibromyalgia, arthritis, or other conditions needing emphasis on joint range of motion, muscle strength, and range of motion. All levels.

### **\*\*FS: Fitness Swim**

Put a new twist to your lap swimming regiment. This class is modeled from the Master Swim program that is sure to enhance your endurance, speed, and stroke proficiency. Intermediate to Advanced.

### **H<sup>2</sup>O BootCamp**

Advanced muscle conditioning and strength training using all aspects of the pool and equipment. Expect a Challenge! Advanced.

### **HT: Hydro Training**

An open forum water class that combines group and individual training stations so that you can stretch, tone and strengthen at your own pace. All levels.

### **JR Pool Activities**

Push the limits of fun! A variety of water activities like Marco Polo, Sharks and Minnows, and relay races led by an instructor for ages 9-13

### **JR Water Sports**

Get **PHYSICAL** in the water! A variety of water sports such as basketball, volleyball, and water polo led by an instructor for ages 9-13.

### **PP: Poolates**

Take Pilates into the water. The water will both support and challenge many of the classic Pilates exercises. All levels.

### **PH: Power Hour**

Need cardio? This medium to high intensity cardio workout includes different traveling patterns, plyometrics and the use of water equipment to maximize the results of your training. Intermediate to Advanced.

### **SO: Splash Out**

Challenge yourself as the instructor leads you through their choice of workout! Many times this includes a workout with many of your favorite instructors together! Intermediate to Advanced.

### **\*\*TS: Tri Swim**

Fundamentals of Triathlon swimming. Whether you're thinking of doing a triathlon or a seasoned triathlete there is something here for everyone. All levels.

### **WW: Water Walking**

Guided walking patterns *anyone* can do. Intensity from mild to hard depending on how much water you choose to move.

**\*\*Indicates class will use lap lanes**

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### **Class Etiquette**

- Everyone must shower before entering pools or whirlpool.
  - **Please be on time!**
  - Classes are a group activity; we request that you follow the instructor's routine.
  - No open cuts or wounds, no band-aids.
  - Then entire wet area will be closed in the event of thunder or lightening until 20 minutes after last occurrence.
  - As a courtesy to other participants and instructors, please limit your conversations during classes
  - A water shoe with support and drinking water is highly recommended for all classes.
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Need a more one-on-one approach, **Aquatic Personal Training** is available to you assist in improving your personal well-being.

**Open Swim, Swim Lessons and Children's Activities are also available at all locations!**

**PLEASE NOTE THE FEATURES ARE TURNED OFF DURING WATER FITNESS CLASSES!!!**

**\* Proper Swim Attire Required \***  
Swim suits, swim trunks, and/or board shorts. No cut off pants, no basketball or street shorts, no t-shirts and no undergarments. Cover-ups only over actual swim attire.

