



February 2019

Adult Water Fitness

<p>Monday</p> <p>KETTERING: Aquacise @ 9:30-10:30a Aquabata @ 6-7p Aquacise @ 7:15-8:15p</p> <p>MOTT: Aquacise @ 9:30-10:30a Arthritis @ 10:30-11:30a</p>	<p>Friday</p> <p>KETTERING: Aquacise @ 9:30-10:30a</p> <p>MOTT: Aquacise @ 9:30-10:30a *no class 2/22 Arthritis @ 10:30-11:30a *no class 2/22</p>
<p>Tuesday</p> <p>KETTERING: Deep Waves @ 9:30-10:30a Arthritis @ 10:30-11:30a</p> <p>MOTT: Aqua Fit @ 7:15-8:15p Float, Relax, Renew* @ 8:15-9p *New day & location! *Pool deck open only to participants of this class</p>	<p>Saturday</p> <p>KETTERING: Aquabata @ 9-10a</p>
<p>Wednesday</p> <p>KETTERING: Aquacise @ 9:30-10:30a Aqua Fit @ 7:15-8:15p</p> <p>MOTT: Deep Waves @ 8:30-9:30a Aquacise @ 9:30-10:30a Arthritis PLUS @ 10:30-11:30a Aquabata @ 6-7p</p>	<p>FIT TIP</p> <p>Don't let the February "Blahs" get you down. It's a great time to refocus your energy on trying something new!</p> <p>Try a new class in the pool or at the Fitness Studio. Or, bring a friend to help motivate you and keep you accountable.</p> <p>It is important to keep your body and mind entertained- remember, exercise should be fun!</p>
<p>Thursday</p> <p>KETTERING: Deep Waves @ 9:30-10:30a Arthritis @ 10:30-11:30a Float, Relax, Renew* @ 8:15-9p *Pool deck open only to participants of this class *Float class will be at Mott on 2/14</p> <p>MOTT: Aquacise @ 7:15-8:15p</p>	

Waterford Pool & Fitness Centers
 Kettering Campus, 2800 Kettering Drive, Waterford, 248.673.9969
 Mott Campus, 1151 Scott Lake Road, Waterford, 248.674.6360
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Class Descriptions

ARTHRITIS FOUNDATION AQUATIC PROGRAM® Instructional Pool Age 18+

This is an entry level class great for those who are severely affected by their joint pain. It is our most gentle class and is perfect for those just recovering from injury/surgery. This evidence-based class will decrease pain, increase flexibility, and ease the stress of gravity on the joints. NO IMPACT, LOW INTENSITY

ARTHRITIS PLUS BY WaterART Instructional Pool Age 18+

This class uses shallow water with a variety of modified working positions, and provides exercises for cardiovascular improvement, muscular strength, endurance and mobility. We have added equipment such as flex paddles and noodles to assist and progress basic exercises. NO IMPACT, LOW TO MODERATE INTENSITY

AQUACISE Instructional Pool Age 18+

This class incorporates a variety of exercises to get you moving: cardio, strengthening, and stretching provides a whole-body workout. Uses equipment such as noodles, hand weights, bands, and kickboards. LOW TO MODERATE INTENSITY

AQUABATA Instructional Pool Age 18+

Tabata is a HIIT Class (High Intensity Interval Training) of 20 seconds high intensity and 10 second active resting. Great music, great friends, and an energetic instructor will help you through this challenging cardio workout. Good for a variety of fitness levels, exercises can be modified to suit your abilities. This workout is designed to burn calories and increase endurance. HIGHER INTENSITY

DEEP WAVES Competitive Pool Age 18+

Powerful movements combine with no impact for a challenging but gentle workout. Excellent whole body workout will keep you moving the entire class. Equipment may include flotation belts, noodles, cuffs, and barbells. You should be confident and comfortable working in deeper water (up to 14 ft.) MODERATE TO HIGHER INTENSITY

AQUA FIT Competitive and Instructional Pools Age 18+

A variety of different class formats will keep it fresh and fun! Classes will challenge you as you focus on cardio, balance, endurance, power, and targeted muscle groups. A great way to try many different types of water exercise at once! Will utilize various equipment. MODERATE TO HIGHER INTENSITY

FLOAT, RELAX, RENEW Instructional Pool Age 18+

Float therapy, also known as R.E.S.T., or Restricted Environmental Stimulation Therapy, is a wellness tool, allowing you to reduce stress, relieve pain, and feel more positive and optimistic about life. A practice new to many, float therapy is done in warm water with soothing music and allows anyone to effortlessly float, free of outside stimulation and distraction. VERY LOW INTENSITY