

Aquatic Group Class Schedule



PROHEALTH WEST WOOD
HEALTH & FITNESS CENTER

Lap Swimming Pool / Warm Water Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 a.m.			Water Power		Water Power	
6:00 a.m.	Master Swim (5:45) Begins May 6th		Master Swim			
7:00 a.m.						Master Swim (7:30)
8:10 a.m.	In Too Deep	Fibromyalgia (M)	In Too Deep ----- Fibromyalgia (M)	Thermal Fusion	In Too Deep ----- Fibromyalgia (M)	
9:10 a.m.	Aqua Zumba ----- Water Power	Water Tabata ----- Liquid TNT	Wet Sets ----- Water Power	Water Tabata ----- Liquid TNT	Water Power ----- Water Tabata	
10:10 a.m.	*MS water Exercise ----- Fibromyalgia (N)		Fibromyalgia (N)	Balance and Stability Express	Fibromyalgia (N)	Liquid TNT (10:00)
11:10 a.m.	Arthritis (M)	Arthritis (M)	Arthritis (M)	Arthritis (N)	Arthritis (M)	
1:00 p.m.	Arthritis (N)					
4:00 p.m.	Back Camp (N)			Back Camp (N)		
5:30 p.m.	In Too Deep	*Moving Through Pregnancy	Water Tabata			
6:00 p.m.		*Parent & Me				

- * - Indicates fee based class
- N - indicates punch card class for non-members
- M - indicates members only class(no punch card holders allowed)
- - Color indicates Warm Water pool class

For questions please call 262-513-7204

Revised 4/18/19

Aquatic Class Descriptions

Swimming For Triathlons

Swimming for Triathlons is a training program targeted for beginning or experienced triathletes. Minimum requirements are the ability to swim freestyle a continuous 200 yards. Group workouts will consist of freestyle drills, technique coaching, speed, and endurance development.

AquaFit

AquaFit combines core strengthening, muscle toning, flexibility & cardio exercises. This class innovatively uses the unique buoyancy, resistance and movement of water. This workout is tailored for all fitness levels and is effective and fun! Designed to burn calories and make you sweat!

Arthritis N – Water Exercise

Designed specifically for seniors, but all ages, levels and abilities are welcome. Loosen tight, painful joints and get more out of everyday living.
(Community Welcome)

Arthritis M – Water Exercise

(members only please)

Back Camp

The care and maintenance of your back is just the beginning. Participants strengthen and shape the muscles that support the back, learn proper techniques for everyday activity and enjoy the healing effects of warm water activity.

(Community Welcome)

Balance and Stability Express

This 30 minute express class works on engaging and strengthening your core. This class also focuses on improving your overall balance and awareness of your body by using the water's natural motion with exercises to engage your legs, ankles, and core.

Fibromyalgia N - Activity Class

This warm water activity class includes stretching, strengthening, aerobic activity and relaxation techniques. Although the class is designed specifically to improve the symptoms of fibromyalgia, it is appropriate for others who need a low/no impact class in the therapy pool.

(Community Welcome)

Fibromyalgia M – Water Exercise *(members only please)*

In Too Deep

A fun and challenging workout utilizing buoyancy resistance in deep water. A no-impact workout that is easy on joints yet totally exhilarating for all fitness levels. A flotation device is used.

Liquid TNT

Take the weight room to the pool!

This innovative and challenging workout utilizes the unique properties of water to strengthen and tone while simultaneously working to balance and stabilize the body.

MTP – Moving through Pregnancy, Birth & Recovery

This medically driven program is designed to strengthen the muscles most needed for childbirth. This class is safe for all fitness levels and stages of pregnancy.

** Participation requires registration at the service desk and a physician's recommendation.
(Community Welcome)*

Making Waves

This low/medium intensity deep water class offers a head to toe workout in our lap pool. Equipment may include flotation belts and resistance tools. Come join the exercise and fun Making Waves.

Parent and Me

Our parent and me class is designed to be one of your child's first experiences with swim lessons. Our instructor will guide you and your child on the different ways to become comfortable in the water and prepare your child for future swim lessons.

Thermal Fusion

This Yoga/Pilates inspired class will help improve balance, flexibility, coordination, and stamina. This class will leave you feeling refreshed and relaxed.

Water Power

Easy to learn water exercise using the power of the water with several different types of equipment designed to build strength, increase aerobic fitness, improve flexibility and help control your weight. This class is for all ages with intermediate to advance fitness levels.

Water Tabata

Tabata Interval Training is one of the most effective types of high intensity interval training! Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. Previous exercise experience recommended for this truly high-intensity class.

West Wood Master Swim

Master Swim is for members and non members that are looking for a structured swimming workout. This program includes individuals with a broad range of abilities, from fitness and lap swimmers to triathletes and competitively minded swimmers. There is a coach at every practice with a work out.

Wet Sets

This is an intense workout for a more conditioned exerciser. Using a variety of resistance tools you will condition and sculpt through a great water workout.

Aqua Zumba®

Perfect for those looking to make a splash by adding low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for a pool party you can't miss!