

# 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			
6:00 a.m.	Master Swim (5:45)					
7:00 a.m.						Master Swim (7:30)
8:00 a.m.	In Too Deep Thermal Fusion	Fibromyalgia (M)	Water Tabata Fibromyalgia (M)		In Too Deep	
9:00 a.m.	Wet Sets - Water Power	Water Tabata - Liquid TNT	Water Power	Water Tabata - Liquid TNT	Water Power	
10:00 a.m.	Fibromyalgia (N)		Fibromyalgia (N)		Fibromyalgia (N)	Liquid TNT (10:00)
11:00 a.m.				Arthritis (N)	Arthritis (M)	
1:00 p.m.	Arthritis (N)					
4:00 p.m.	Back Camp (N)			Back Camp (N)		

- All classes are 45 minutes except Master Swim
- Please register online for your class 24hrs in advance at [www.myiclubonline.com](http://www.myiclubonline.com)
- 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

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# 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)*

## **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)*

## **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.

## **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.

### **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!

## **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.