

Aquatic Group Class Schedule



PROHEALTH WEST WOOD
HEALTH & FITNESS CENTER

Lap Swimming Pool / Warm Water Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
5:45 a.m.	Master Swim					
8:00 a.m.	In Too Deep <hr/> Thermal Fusion	Fibromyalgia (M)	Water Tabata <hr/> Fibromyalgia (M)		In Too Deep	Master Swim (Saturday) (7:30)
9:00 a.m.	Aqua Blast <hr/> Water Power	Water Tabata <hr/> Liquid TNT	Water Power	Water Tabata <hr/> Liquid TNT	Water Power	
10:00 a.m.	Fibromyalgia (N)		Fibromyalgia (N)	Balance Stability Ex (10:15) <hr/> Aqua Blast	Fibromyalgia (N)	Liquid TNT (Saturday) <hr/> Splash Dancin (Sunday)
11:00 a.m.				Arthritis (N)	Arthritis (M)	
1:00 p.m.		Arthritis (N)		*MyFitRx Session (12:00p) *pool open		
4:00 p.m.		Back Camp (N)		Back Camp (N)		
5:00 p.m.	Preschool Swim (fee based)	Aqua Blast				
6:00 p.m.	Parent Me (fee based)	Beginner Youth Fit Swim (fee Based) <hr/> Advanced Youth Fit Swim (10:45) (Fee Based)		Special Olympics Swim Team Practice (7:00- 8:00p)		

- Lap Pool Unavailable Thursday Evenings from 7pm – 8pm for Special Olympics Team Practice.
- The therapy pool is not open for general use during scheduled classes
- N - indicates punch card class for non-members
- M - indicates members only class(no punch card holders allowed)
- - Color indicates Warm Water pool classes

For questions, please call 262-513-7204

Revised 10/9/23

Aquatic Class Descriptions

Balance and Stability Express

This 30-minute class will focus in on different Techniques to help improve your balance by Using the water to help both stabilize and Work your body to allow it to learn how to Gain better stability overall balance when doing daily tasks and activities.

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)

Thermal Fusion

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

Splash Dancin

Splash Dancin class is just that! A way to splash and dance in the water while also improving flexibility, range of motion, strength, muscle tone and cardiovascular endurance. We use simple dance-like moves that are low impact and easy to follow with popular songs from various decades. Come splash with us!

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 simultaneous working to balance and stabilize the body.

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.

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)

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.

Arthritis M – Water Exercise

(members only)

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.

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)

Aqua Blast

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.

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)