



# Aquatic Class Schedule

1650 Lead Hill Blvd.  
Roseville, CA 96661  
(916) 677 1200

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am-7 am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Closed	Closed
7:45 am	Aqua Fit EP 45 min	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
		Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
8:30 am	Senior/ Aqua Fit EP 45 min	Deep Water CB 45 min	Open Lanes	Senior/Aqua Fit DC 45 min	Aqua Fit CB 45 min 2nd&4th friday	Aqua Fit 45 min	
9:30 am	PT Rehab	Senior/ Aqua Fit CB 45 min	PT Rehab	Senior/ Aqua Fit DC 45 min	PT Rehab	Aqua Fit R 45 min	
10:15 am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab		
10:30 am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Open Lanes	
12:30 pm	PT Rehab	Open Lanes	PT Rehab	Open Lanes	PT Rehab	Family Swim 11am-2pm	Family Swim 11am-2pm
1:00 pm	PT Rehab	Arthritis Basic CB 45 min	PT Rehab	Arthritis Basic/ Plus CB 45 min	PT Rehab		
1:45 pm	Joint Effort AS 45 min		Joint Effort AS 45 min		Open Lanes		
1:55 pm		Open Lanes		Open Lanes	Open Lanes		
3:00 pm	Open Lanes	PT Rehab	Open Lanes	PT Rehab	Open Lanes	Open Lanes	Open Lanes
5:00 pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
5:30 pm	Aqua Fit CB 45 min	Aqua Fit & Moms in Motion DC 45 min	Aqua Fit DC 45 min	Aqua Fit & Moms in Motion DC 45 min	Water Relaxation CB 45 min (1st & 3rd Friday each month)	Pool Closed	Pool Closed
6:30 pm- 9 pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Pool & Gym Closed	

# CLASS DESCRIPTIONS:

## **Arthritis Basic (level 1)**

This beginning level class is designed for those members new to water and exercise environments. Participants will work joint mobility and integrity with no impact or jarring. This slower rate of intensity will help reduce injury, yet improve muscular strength & endurance. Noodles may be used for floatation, not resistance training.

## **Arthritis Plus (level 2)**

Graduate from Arthritis Basic when you're ready to add additional walking and resistive movement, while maintaining joint mobility and integrity with no impact or jarring. This class includes an endurance segment up to 20 minutes. Noodles may be used for floatation, not resistance training.

## **Joint Effort (level 3)**

Participants should have graduated from Arthritis Plus to enjoy the fullness of this level 3 Arthritis class. Progressive and active movement, including rebounding, is allowed in this format with endurance segments and equipment to be used for resistance training. Participants should be comfortable with sustained levels of moderate water movement.

**Pool Hours: Mon-Fri 5 am - 9:30 pm**

**Sat-Sun 7 am - 5:30 pm**

## **Water Relaxation**

Warm water and soothing music invite the participant to enjoy the deep stretching and water adapted yoga moves. This class will improve balance and coordination along with core strengthening exercises. Participant should be comfortable with moderate levels of stretching.

## **Deep Water**

Participants will enjoy the core strengthening properties that deep water offers by using floatation belts in the deep end. This mostly vertical-based format allows for incredible core work and large muscle group recruitment, which means you burn more calories!! Participant must be comfortable completely suspended in 7 feet of water for the entire class.

## **Aqua Fit**

This class is designed to help you increase your cardiovascular health and endurance while using water resistance to tone and define body. This class is great for all ages, sizes, and fitness levels.

CB- Christy Barry

AS- Andrea Salerno

DC- Deborah Camancho

NR- Noelle Ritter

LH- Lisa Himes

R- Rotated

*"Not your ordinary fitness center"*