

JANUARY WATER EXERCISE SCHEDULE

ROUSECENTER.COM | (540) 318-6332

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00A Sparkler Splash (S) Anne 10:00A Polar Plunge (D) Gail	2 8:00A Aqua Circuit (D) Anne 9:00A HIIT the Pool (S) Anne 9:00A Yoga Flow (W) Michelle 6:30P S'WET (S) Gail	3 5:30A Splash Fit (D) Lisa 8:00A Aqua Blast (S) Anne 10:00A Splash Fit (D/S) Deby 11:00A Liquid Stretch (W) Deby 6:30P HIIT the Pool (D) Deby	4 9:00A Splash Fit (D) Stephen 10:00A Core Power Flow (S) Michelle 6:00P Splash Fit (S) Gail 7:00P Yoga Flow (W) Lisa	5 5:30A Splash Fit (D) Lisa or Carol 8:00A Aqua Blast (S) Carrie 9:00A Aqua Yoga Flow (W) Michelle 10:00A HIIT the Pool (D) Anne	6 SWIM MEET // NO CLASSES
7 SWIM MEET // NO CLASSES	8 5:30A Aqua Circuit (D) Jillian 8:00A Splash Fit (S) Anne 10:00A H2O Run/Walk (D/S) Carrie 6:30P Splash Fit (D) Gail	9 8:00A Aqua Circuit (D) Anne 9:00A HIIT the Pool (S) Anne 9:00A Yoga Flow (W) Michelle 5:30P S'WET (S) Gail	10 5:30A Splash Fit (D) Lisa 8:00A Aqua Blast (S) Anne 10:00A Splash Fit (D/S) Deby 11:00A Liquid Stretch (W) Deby 6:30P HIIT the Pool (D) Deby	11 9:00A Splash Fit (D) Stephen 10:00A Core Power Flow (S) Michelle 5:30P Barre Splash (S) Gail 7:00P Yoga Flow (W) Lisa	12 5:30A Splash Fit (D) Lisa or Carol 8:00A Aqua Blast (S) Carrie 9:00A Aqua Yoga Flow (W) Michelle 10:00A HIIT the Pool (D) Anne	13 8:00A Splash Fit (S) Stephen 9:00A Splash Fit (D) Stephen 10:00A Aqua Zumba Za'Kia
14	15 5:30A Aqua Circuit (D) Jillian 8:00A Splash Fit (S) Anne 10:00A H2O Run/Walk (D/S) Carrie 6:30P Splash Fit (D) Gail	16 8:00A Aqua Circuit (D) Anne 9:00A HIIT the Pool (S) Anne 9:00A Yoga Flow (W) Carol 5:30P S'WET (S) Carol	17 5:30A Splash Fit (D) Lisa 8:00A Aqua Blast (S) Anne 10:00A Splash Fit (D/S) Deby 11:00A Liquid Stretch (W) Michelle 6:30P S'WET DEEP (D) Carol	18 9:00A Splash Fit (D) Stephen 10:00A Core Power Flow (S) Michelle 5:30P Splash Fit (S) Gail 7:00P Yoga Flow (W) Lisa	19 5:30A Splash Fit (D) Lisa or Carol 8:00A Aqua Blast (S) Carrie 9:00A Aqua Yoga Flow (W) Michelle 10:00A HIIT the Pool (D) Anne	20 SWIM MEET // NO CLASSES
21 SWIM MEET // NO CLASSES	22 5:30A Aqua Circuit (D) Jillian 8:00A Splash Fit (S) Anne 10:00A H2O Run/Walk (D/S) Carrie 6:30P Splash Fit (D) Gail	23 8:00A Aqua Circuit (D) Anne 9:00A HIIT the Pool (S) Anne 9:00A Yoga Flow (W) Carol 6:30P S'WET (S) Carol	24 5:30A Splash Fit (D) Lisa 8:00A Aqua Blast (S) Anne 10:00A Splash Fit (D/S) Deby 11:00A Liquid Stretch (W) Michelle 6:30P S'WET DEEP (D) Carol	25 9:00A Splash Fit (D) Stephen 10:00A Core Power Flow (S) Michelle 6:00P Barre Splash (S) Gail 7:00P Yoga Flow (W) Lisa	26 5:30A Splash Fit (D) Lisa or Carol 8:00A Aqua Blast (S) Carrie 9:00A Aqua Yoga Flow (W) Michelle 10:00A HIIT the Pool (D) Anne	27 8:00A S'WET (S) Carol 9:00A S'WET DEEP (D) Carol 10:00A Aqua Board* Carrie
28	29 5:30A Aqua Circuit (D) Jillian 8:00A Splash Fit (S) Anne 10:00A H2O Run/Walk (D/S) Carrie 6:30P Splash Fit (D) Gail	30 8:00A Aqua Circuit (D) Anne 9:00A HIIT the Pool (S) Anne 9:00A Yoga Flow (W) Carol 6:30P S'WET (S) Carol	31 5:30A Splash Fit (D) Lisa 8:00A Aqua Blast (S) Anne 10:00A Splash Fit (D/S) Deby 11:00A Liquid Stretch (W) Michelle 6:30P S'WET DEEP (D) Carol	NOTES: >> High School Swim Meet Updates: • 1/4: 6P Class = 5:30P • 1/9: 6:30P Class = 5:30P • 1/11: 6P Class = 5:30P • 1/16: 6:30P = 5:30P • 1/18: 6P Class = 5:30P >> New Year's Day Modified Schedule: • Facility Hours 7A - 2P		
					REMINDERS: <ul style="list-style-type: none"> Classes are open to all members. No registration required for any classes except for Aqua Board. Class duration is 50 minutes unless otherwise specified. Class schedules are subject to change. Class Capacities: <ul style="list-style-type: none"> Shallow Classes (S): 30 Deep Classes (D): 30 Yoga Flow (W): 12 H2O Run/Walk (D/S): 30/15 	

KEY: SHALLOW/DEEP WELLNESS * = REGISTRATION REQUIRED



CENTER HOURS:

M - F | 5A - 9P
Sat | 7A - 5P
Sun | 8A - 5P

J-CLUB HOURS:

M - TH | 8:30A - 1P // 4:30P - 8:30P
M - F | 8:30A - 1P // 4:30P - 8P
Sat | 8A - 12P
Sun | 9A - 12P



WATER EXERCISE CLASS DESCRIPTIONS

SHALLOW/DEEP

AQUA BLAST

Come experience a tidal wave of energy and excitement while improving your cardio fitness levels! Utilizing the resistance of water, this class offers continuous medium to high intensity endurance training with plyometrics, various traveling patterns, interval training, and suspension moves.

AQUA CIRCUIT

Reap all the benefits of cardio and strength exercises in the natural resistance of water through a circuit workout format. This class will help you build muscle tone and stamina while working at your own level of intensity.

AQUA YOGA FUSION

This class offers all the elements of a cardio and strength aqua class in addition to the mindfulness and flow of a yoga practice. You can improve your muscle strength, balance, and flexibility with this total body workout.

BARRE SPLASH

Join us in the pool for a total body low impact, high intensity workout using ballet inspired movement to promote strength, stability, and flexibility. Add a "splash" of cardio and enjoy barre with a twist!

DIVE INTO SUMMER

Splash contest! Dive, or cannonball, your way into class!

FIRE & ICE

Fire up your fitness routine with this timed interval training workout alternating with a focused balance, core and flexibility component!

HIIT THE POOL

Ready to take your aqua workouts to the next level? Try HIIT! This workout is accentuated by brief (10 seconds, 15 seconds, or more) bursts of higher intensity movements that increase both cardio and strength results. High and low intensity options are always available!

H2O RUNNING/WALKING

Adding water running or walking to your overall training plan can increase cardio output and muscular strength while minimizing the wear and tear on your body. It's an effective cross training tool for running races or daily function. Join us with a belt in the deep water for running or without a belt in the shallow water for walking.

PILATES POWER FLOW

Focused entirely on the core, Aqua Pilates workout features creative exercises that include challenging planking and teaser sequences. This water fitness class targets core endurance and strength, which helps you with exercise and daily activities.

SPLASH FIT

Challenge yourself with a combination of past and present fitness trends and blend them for a workout that improves cardiorespiratory fitness, enhances strength and endurance while challenging your core the entire time.

S'WET

Come S'WET with us in the pool! Structured Water Exercise Training is designed to incorporate unique blocks of activity, each with a specific purpose, focused on H.I.I.T., strength, advanced cardio, and plyometric training.

WELLNESS

LIQUID STRETCH

Join us in the warmth of the Wellness Pool for a slow, gentle full-body stretch. Introductory gentle yoga poses will also be introduced to help you increase your flexibility and improve your range of motion. *Limited spaces are available in the Wellness Pool. Arrive early. Class capacity is set at 12.*

YOGA FLOW

Looking to increase your range of motion? Join us in the warmth of the Wellness Pool for this yoga-based, low impact, mindful class format set against the backdrop of water to support you in improving balance, flexibility and increased range of motion. *Limited spaces are available in the Wellness Pool. Arrive early. Class capacity is set at 12.*