



ALL CLASSES IN THE RECREATION POOL

FEBRUARY 2021



Sign Up/Attendance Policies

- No Daily drop ins– All members/guests must reserve a spot through our sign up [genius link](#).
- Sign ups will cut off the day prior at 6pm. Notifications will only be made if class is cancelled. Please call the front desk to double check your reservation or if you have any questions.
- Minimum of 3 participants must sign up for class to be held. Front desk will notify participants if the class is cancelled. Class Safety Policies -Shower required before entry to pool
- Lap lanes will stay in for classes
- 6 ft social distancing required and masks encouraged
- 4 participants per lane– 12 spots max each class

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
1 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	2 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	3 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	4 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	5 830-930 Senior H20 10a-11a AquaDance	6 930-1030 WeCoach
8 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	9 830-930 Senior H20 10a-11a WeCoach 530p-630p Aqua Meditation	10 830-930 Senior H20 10a-11a WeCoach 530-630WeCoach	11 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	12 830-930 Senior H20 10a-11a WeCoach	13 930-1030 WeCoach
15 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	16 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	17 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	18 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	19 830-930 Senior H20 10a-11a AquaDance	20 930-1030 WeCoach
22 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	23 830-930 Senior H20 10a-11a AquaDance 530p-630p Aqua Dance	24 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	25 830-930 Senior H20 10a-11a WeCoach 530p-630p WeCoach	26 830-930 Senior H20 10a-11a WeCoach	27 930-1030 WeCoach



February is...

Heart Failure Awareness Month

According to the CDC, by living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack. Three steps to a healthier lifestyle are to choose healthy foods and drinks, keeping a healthy weight and getting regular physical activity.

**Call or go online at least
ONE DAY prior to sign up!**



GREENSBORO AQUATIC CENTER

♥ Water Exercise Class Descriptions ♥

Conditioning:

This class will focus on water walking, jogging, and running to combine body conditioning with cardio. Appropriate for all fitness and swim levels.

Senior H2O:

An enjoyable, safe exercise program designed to increase feeling of well being and improved performance of daily activities

WECOACH:

A total body workout that are catered to hit 5 important components of fitness: cardiovascular, neuromotor, muscular strength, muscular endurance, and flexibility. What you put into the work out is what you get!

Deep water:

Participants should be comfortable and able to propel themselves in 17ft deep water. All over toning and cardiovascular program with float belt assistance

Aqua Dance:

Designed to incorporate cardio with active recovery intervals by including free-style aqua dancing with slower stretch movements

Aqua Meditation:

Designed to decrease stress and increase energy by using the water in a flowing yet powerful progress, increases oxygen and caloric consumption with correct form and positioning in water

Volleyball:

Strengthen the upper body, arms and shoulders as well as the muscles of the lower body. Playing volleyball also improves the cardiovascular and respiratory systems. Enhance the energy level and improves your overall performance.

Open Swim:

Participants should be comfortable in 17ft deep water. There will be no instructor, but the space is provided for participants to do their individual workouts.

May take place in the recreation pool, depending on the needs of facility

Pricing

**Membership required for sign up
All fitness classes included in membership**