



GREENSBORO AQUATIC CENTER

ALL CLASSES IN THE RECREATION POOL

MAY 2021



Sign Up/Attendance Policies

- No Daily drop ins– All members/guests must reserve a spot online through our website
- 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

Mon	Tue	Wed	Thu	Fri	Sat
					1 930-1030a WeCoach
3 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	4 830-930a Senior H20 945-1045 AquaDance 530p-630p Aqua Meditation	5 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	6 830-930a Senior H20 945-1045a WeCoach 530p-630p WeCoach	7 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn	8 930-1030a WeCoach 11-12p Blast&Burn
10 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	11 830-930a Senior H20 945-1045a WeCoach 530p-630p WeCoach	12 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	13 830-930a Senior H20 945-1045a WeCoach 530p-630p WeCoach	14 830-930a Senior H20 945-1045 AquaDance 11-12p Blast&Burn	15 930-1030a WeCoach
17 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	18 830-930a Senior H20 945-1045 AquaDance 530-630p Aqua Meditation	19 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	20 830-930a Senior H20 945-1045a WeCoach 530p-630p WeCoach	21 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn	22 930-1030a WeCoach 11-12p Blast&Burn
24 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	25 830-930a Senior H20 945-1045a WeCoach 530p-630p WeCoach	26 830-930a Senior H20 945-1045a WeCoach 11-12p Blast&Burn 530-630p WeCoach	27 830-930a Senior H20 945-1045a WeCoach 530p-630p WeCoach	28 830-930a Senior H20 945-1045 AquaDance 11-12p Blast&Burn	29 930-1030a WeCoach

May



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

WE COACH:

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

Classes may take place in the training/recreation pool, depending on the needs of the facility

Aqua Dance:

Designed to fire up the core muscles and strengthen the glutes, hamstrings and back muscles. Seniors will learn a gentle way back to those dance styles they love

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

Blast & Burn Circuit

Combining WeCoach, in-water boxing and bikes to create an exciting variety of equipment usage and explosive workouts

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.

April is...

Stroke Awareness Month

According to the CDC, stroke is a leading cause of death in the United States and is a major cause of serious disability for adults. Ways to prevent a stroke from happening are by maintaining a healthy diet, healthy weight, being physically active, no smoking and limit the intake of alcoholic beverages. Join our fitness classes to help keep your mind and body in great health!

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



GREENSBORO AQUATIC CENTER

Pricing

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