

Greenville Aquatic & Fitness Center

Aquatic Fitness Class Times and Descriptions

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:30am		Shallow Cardio			
8:30-9:20am	Shallow Cardio	Shallow Tone	Shallow Cardio	Noodle	Shallow Cardio
9:30-10:20am	Deep Cardio	Deep Tone	Deep Cardio	Water Walking	Deep Cardio
10:30-11:20am	Arthritis	Arthritis	Arthritis	Arthritis	Arthritis

What do the intensity and impact ratings mean?

Intensity is how hard you can expect to work on a scale of 1-3.

- **1 is to gain or maintain flexibility, mobility and to physically reduce stress.**
- **2 is to maintain or increase strength and/ or cardiovascular health.**
- **3 is to increase strength and/or cardiovascular health and to reach maximum output.**

Impact is the amount of stress put on joints, especially in the lower body on a scale of 1-3.

- **1 is low impact; it is great for those with feet, ankle, knee or hip issues and/or arthritis.**
- **2 is medium impact; expect some jogging and jumping.**
 - **Moves may be challenging or modified.**
- **3 is high impact; expect core and limbs to be put through a rigorous workout.**

CLASS DESCRIPTIONS

Shallow Cardio

Intensity-3 Impact-2

This is a class is a high intensity aerobic workout. Designed to maintain cardiovascular fitness.

Shallow Tone

Intensity-2 Impact-2

This class is designed to tone and strengthen all muscle group by working with natural properties of water, using resistance equipment.

Deep Water Cardio

Intensity 2 Impact 1

This class is designed to increase cardiovascular fitness. This is a great overall workout with minimal joint impact. Flotation belts recommended.

Deep Water Tone

Intensity-3 Impact -1

This is a high intensity class designed to tone and strengthen your upper body and core muscles, while suspended in deep water. Dumbbells are required. Flotation belts are optional.

Aqua Arthritis

Intensity-1 Impact-1

This class is a slow moving, low impact class designed to add mobility and fluidly to the joints, while improving balance. Perfect for those with joint and mobility issues.

Water Walking

Intensity-2 Impact-2

This class is designed to increase strength and endurance, while building muscle tone using the resistance of the water.

Noodles

Intensity-2 Impact-2

This class is designed to improve strength, flexibility, endurance, while learning a 101 ways things you can do with a noodle.