

Hampshire Wellness & Fitness Pool Exercise Classes July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Saturday 8AM-2PM *Pool closes at 12 for parties. Check with the desk.	Rehabilitation Services In Therapy Pool M, W, F: 1-4PM No admittance to members during those times if there are patients in the pool.					
	1	2	3	4	5	6
	10:00 Arthritis 12-4 Swim Lessons 4:30 Aqua Fit	9-10:30 HHS Swim 11:00 Aqua Yoga 1-7 Open Swim 4:30 Aqua Fit	10:00 Arthritis 1-7 Open Swim 2-7 Swim Lessons Closing at 7:00 pm	CLOSED 4TH of JULY	10:00 Arthritis 1-6 Open Swim Closing at 6:00 pm	Open Swim 8 - 12 Closing at Noon
7	8	9	10	11	12	13
	10:00 Arthritis 1-7 Open Swim 4:30 Aqua Fit 12-4 Swim Lessons	1-7 Open Swim 4:30 Aqua Fit	10:00 Arthritis 1-7 Open Swim 2-6 Swim Lessons 6-7 WVSDB	1-7 Open Swim 4:30 Aqua Fit	10:00 Arthritis 1-7 Open Swim	Open Swim 8 Pool closes at 12 for parties
14	15	16	17	18	19	20
	10:00 Arthritis 1-7 Open Swim 4:30 Aqua Fit 5:30 -7 Swim Camp	9-10:30 HHS Swim 11:00 Aqua Yoga 1-7 Open Swim 4:30 Aqua Fit 5:30 -7 Swim Camp	10:00 Arthritis 1-7 Open Swim 5:30 -7 Swim Camp 6-7 WVSDB	9-10:30 HHS Swim 1-7 Open Swim 4:30 Aqua Fit 5:30 -7 Swim Camp	8-9:30 HHS Swim 10:00 Arthritis 1-7 Open Swim	Open Swim 8 Pool closes at 12 for parties
21	22	23	24	25	26	27
	10:00 Arthritis 1-7 Open Swim 4:30 Aqua Fit 1-7 Swim Lessons	1-7 Open Swim 4:30 Aqua Fit 6-7 WVSDB	10:00 Arthritis 1-7 Open Swim 2-6 Swim Lessons	9-1 Swim Lessons 1-7 Open Swim 4:30 Aqua Fit	10:00 Arthritis 1-7 Open Swim	Open Swim 8 Pool closes at 12 for parties
28	29	30	31			
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Pool Class Descriptions

Arthritis

Beginner's class designed for individuals with joint limitation or pain. Class emphasis is on increasing the range of motion and strengthening of muscle groups. This class is an excellent class for new members or those just beginning to exercise. Members do not need to have arthritis to participate. This is an excellent class for anyone with any clinical condition.

Toning

This class is designed for individuals who are interested in increasing muscle tone, strength, and range of motion through water fitness, use of water weights, and resistive devices. This class is challenging and fun and you can work at your own level.

Aqua- Fit

This is a variety of cardio, strength, core & flexibility exercises in the pool, possibly including Aqua Kickboxing, Step or Zumba. This class is designed for all levels.

Aqua Step

Begin with a warm-up using a step, followed by choreographed routines on the **step**, and a cooldown at the end. Movements in this class are modified for all levels.

Aqua Kickboxing

In this class participants will do boxing punching combinations, kicking combinations, aqua gloves or weights are optional. This is a heart pumping exercise class for a more aggressive Aqua workout! Movements in this class are modified for all levels.

Aqua Boot Camp

Aqua Boot Camp is a high intensity water fitness program that provides the benefits in the pool with little to now impact on joints and expands lung capacity, as well as benefits of weight and resistance training of the traditional gym. Kick up the intensity of your water workout with timed drills and traditional boot camp style exercises with water equipment that will make you sweat! Come out of your aquatic comfort zone and join us for the fun!

Aqua Yoga

A new twist on an old tradition! Enjoy the mind/body benefits of Yoga in the warmth of the therapy pool. Anyone can reap the benefits of this special fusion class.

Swim Instruction

We offer Individual and Buddy packages for private lessons. Group swim lessons for children are offered throughout the year, watch for details. Swim lessons for adults are also available.

Open Swim

Open swim is available to members and the children on their memberships, and paid guests. This is the only time that children from ages 6 months-9 years can be in the pool and they must be accompanied by a family member. Children are not permitted in the pool during class hours. The therapy pool is off limits to children at all times **IF** a member wants to use it. The therapy pool is to be used for warmth & relaxation, not a recreational area.