

AQUATIC EXERCISE SCHEDULE

August 30 - November 28, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00am-10:45am The Arthritis Foundation Aqua for Arthritis Ann (Therapy Pool)</p> <p>11:00am-11:45am Water Workout Suzie (Lap Pool)</p> <p>6:00pm-6:45pm Water Workout (Strength) Pam (Therapy Pool)</p> <p>7:00pm-7:45pm Pool Pilates Pam (Therapy Pool)</p>	<p>New Time! 11:00am-11:45am Water Circuit Paula (Lap Pool)</p> <p>6:15pm-7:00pm Aqua Yoga Pam (Therapy Pool)</p> <p>7:00pm-8:00pm* Water Cross Training for Runners (Lap Pool)</p>	<p>10:00am-10:45am The Arthritis Foundation Aqua for Arthritis Lesley (Therapy Pool)</p> <p>11:00am-11:45am Water Workout Lesley (Lap Pool)</p> <p>6:00pm-6:45pm Water Workout (Strength) Pam (Therapy Pool)</p> <p>New Format! 7:00pm-7:45pm Warm Water Aerobics Pam (Therapy Pool)</p>	<p>New Time! 11:00am-11:45am Aqua Yoga Paula (Therapy Pool)</p> <p>4:45pm-5:30pm Water Workout Lesley (Lap Pool)</p> <p>New Time! 6:15pm-7:00pm Intermediate Aqua Yoga Pam (Therapy Pool)</p> <p>7:00pm-8:00pm* Water Cross Training for Runners (Lap Pool)</p>	<p>10:00am-10:45am The Arthritis Foundation Aqua for Arthritis Lesley (Therapy Pool)</p> <p>11:00am-11:45am Water Workout Lesley (Lap Pool)</p> <p>5:30pm-6:15pm Aqua Dance Party Pam (Therapy Pool)</p>	<p>8:30am-9:15am Aqua Yoga Pam (Therapy Pool)</p> <p>9:30am-10:15am Pool Pilates Pam (Therapy Pool)</p>

*Registration required



(330) 342-4400
5625 Hudson Drive, Hudson, OH

Class Descriptions

Aqua Dance Party	Explore various styles of dance and get a great water workout all at the same time! If you like to dance, enjoy the water, and want to work the major muscle groups for toning and flexibility, this is the workout for you. A great way to end the week! All fitness levels welcome.
Aqua Yoga	In this class you will perform flowing and graceful movements of yoga and stretching while in the water. Connect the mind and body in an aquatic environment. All fitness levels welcome.
The Arthritis Foundation Aqua for Arthritis	Alleviate arthritic symptoms, reduce pain and stiffness, increase flexibility, muscle strength, and improve fitness and endurance with exercises in warm water, taught by an instructor certified by the Arthritis Foundation. All fitness levels welcome.
Intermediate Aqua Yoga	Step 2 for the Aqua Yoga regular. More intense than Aqua Yoga, participants flow through the movements more efficiently and stretching deeper while connecting the mind and body in an aquatic environment. All fitness levels welcome.
Pool Pilates	A non-impact workout in the water that focuses on skills and techniques designed to improve posture, strengthen back and abdominal muscles and provide overall core conditioning. All fitness levels welcome.
Warm Water Aerobics	A low to moderate level aerobic workout, in the warm water pool, that focuses on building cardiovascular endurance. Low to moderate fitness levels welcome and appropriate for those who want a more gentle aerobic workout.
Water Circuit	This class consists of a total body workout combined with hi and low intensity exercises. Exercises take place in the shallow and deep water. No swimming skills are necessary. All fitness levels welcome.
Water Cross Training for Runners	Registration is required for this unique cross training program led by our Sports Health Staff. Please call our front desk for more information.
Water Workout	This class is designed to increase your endurance, strength, and flexibility with all of the benefits of exercising in the water, which will decrease the impact on the joints. No swimming skills are necessary. All fitness levels welcome.

Classes with less than four participants may be subject to cancellation. The Summa Wellness Institute reserves the right to adjust the schedule, class formats, and instructors when necessary, based on attendance, or otherwise. To ensure the safety and enjoyment of participants, class is on a first come-first serve basis. Class size is determined by format. There is a 10 minute grace period after which class participation is closed to ensure a safe warm up. The Group Exercise Schedule is subject to change. Abbreviated schedules of classes may be offered during holidays and the summer.