

# Aquatic Exercise Schedule



McConnell Heart Health Center

January 2025

OhioHealth

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 am <b>Express Liquid Gym</b> Lap Pool Cheryl 30 min		6:00 am <b>Express Aqua Intervals</b> Lap Pool Mindy 30 min	6:10 am <b>Ai Chi</b> Warm Water Pool Lisa 40 min	
	8:10 am <b>CORE in the Water</b> Warm Water Pool Lisa 40 min	8:10 am <b>Aqua PiYo</b> Warm Water Pool Amber 40 min	8:10 am <b>Aqua Motion</b> Lap Pool Amber 40 min	8:10 am <b>Noodle Fundamentals</b> Warm Water Pool Mindy 40 min	8:10 am <b>Hydrotone</b> Lap Pool Cheryl/Lisa 40 min	8:10 am <b>CORE in the Water</b> Warm Water Pool Mindy 40 min
	9:10 am <b>Aqua Cardio</b> Lap Pool George 40 Min	9:10 am <b>Cardio &amp; Strength</b> Warm Water Pool George 40 min	9:10 am <b>Aqua Cardio</b> Lap Pool Cheryl 40 min	9:10 am <b>Cardio &amp; Strength</b> Warm Water Pool Mindy 40 min	9:10 am <b>Aqua Cardio</b> Lap Pool Mindy 40 Min	9:10 am <b>3 Quarters</b> Lap Pool Mindy 40 min.
10:10 am <b>Arthritis Aquatics</b> Warm Water Pool George 40 min	10:10 am <b>Liquid Balance</b> Warm Water Pool Andrea 40 min	10:10 am <b>Aqua Light</b> Lap Pool Lisa./Cheryl 40 min	10:10 am <b>Liquid Balance</b> Warm Water Pool Cheryl 40 min	10:10 am <b>Aqua Light</b> Lap Pool George 40 min	10:10 am <b>Liquid Balance</b> Warm Water Pool Mindy 40 min	10:10 am <b>Cardio &amp; Strength</b> Warm Water Pool Cheryl 40 min
11:10 am <b>Aquatic Cardio</b> Lap Pool George 40 Min	11:10 am <b>Arthritis Aquatics</b> Warm Water Pool Andrea 40 min	11:10 am <b>Functional Aquatics</b> Warm Water Pool George 40 min	11:10 am <b>Arthritis Aquatics</b> Warm Water Pool Andrea/Cheryl 40 min	11:10 am <b>CORE in the Water</b> Warm Water Pool George 40 min		11:10 am <b>Arthritis Aquatics</b> Warm Water Pool Mindy 40 min
12:40 pm <b>Liquid Balance</b> Warm Water Pool Ellen/Marla 40 min			12:10 pm <b>Aqua Pilates</b> Warm Water Pool Kami 40 min			
		1:10 pm <b>Water Yoga</b> Warm Water Pool Marla 40 min	1:10 pm <b>Liquid Gym</b> Lap Pool Jordyn 40 min	1:40 pm <b>Cardio &amp; Strength</b> Warm Water Pool Cheryl 40 min	1:40 pm <b>Functional Aquatics</b> Warm Water Pool Mindy/Jordyn 40 min	
	4:10 pm <b>Back Biomechanics</b> Warm Water Pool Kathy 40 min	3:10 pm <b>Arthritis Aquatics</b> Warm Water Pool Mindy 40 min	4:10 pm <b>Balance &amp; Strength</b> Warm Water Pool Cheryl/Jordan 40 min	2:40 pm <b>Liquid Balance</b> Warm Water Pool Jordyn 40 min	3:10 pm <b>Arthritis Aquatics</b> Warm Water Pool Kathy 40 min	
	5:10 pm <b>Cardio &amp; Strength</b> Warm Water Pool Ellen 40 min	5:10 pm <b>Plyometric Intervals</b> Lap Pool Mindy 40 min	5:10 pm <b>Cardio &amp; Strength</b> Warm Water Pool Lisa 40 min	5:10 pm <b>Plyometric Intervals</b> Lap Pool Jordyn 40 min	3:10 pm <b>Step In The Water</b> Lap Pool Jordyn	
	5:40 pm <b>Aqua Circuit</b> Lap Pool Andrea 40 min			5:40 pm <b>Pyramid Aquatics</b> Warm Water Pool Amy 40 min	4:10 pm <b>Cardio &amp; Strength</b> Warm Water Pool Kathy 40 min	
	6:10 pm <b>Ai Chi</b> Warm Water Pool Ellen 40 min	6:10 pm <b>Aqua Drums</b> Lap Pool Mindy 40 min	6:10 pm <b>Arthritis Aquatics</b> Warm Water Pool Bonnie 40 min		6:40 pm <b>Water Yoga</b> Warm Water Pool Mary Ann 40 min	
	7:10 pm <b>Aqua Ballet</b> Warm Water Pool MaryAnn 40 min		7:10 pm <b>Water Yoga</b> Warm Water Pool Mary Ann 40 min	7:10 pm <b>H2O Bootcamp</b> Lap Pool Jordyn 40 min		

## **COMPLIMENTARY WITH YOUR MEMBERSHIP:**

### **LAP POOL CLASSES:**

**AQUA LIGHT** (All levels) Perfect class for beginners to learn the basics. Also ideal for intermediate and advanced levels to modify the range of motion and speed of the movements to create as much intensity as desired.

**AQUA MOTION** (All levels) In this class you use a variety of traveling movements (including running) through the water as resistance. Shoes are recommended to help with traction on the pool bottom.

**LIQUID GYM** – (Intermediate) This full body express workout utilizes strength training interspersed with cardio conditioning.

**AQUA CARDIO** – (intermediate) Uses various cardio formats of interval training, circuit training, water boxing, toning and more.

**3 QUARTERS** - (intermediate to advanced) This class is divided into three quarters, with intermediate cardio, plyometric explosive moves, and high energy cardio.

**AQUA DRUMS** – (intermediate) AD combines drum rhythms, fun and fabulous training. We'll use equipment which will lengthen upper limbs increasing resistance by lengthening the leverage.

**HYDROTONE** – (intermediate to advanced) Intense cardio training for 30 minutes using Hydrotone equipment.

**AQUATIC INTERVALS** - (intermediate to advanced) – This class incorporates a variety of interval training options to take your cardio to the next level.

**PLYOMETRIC INTERVALS** – (intermediate to advanced) This cardio-strengthening class, will incorporate a variety of plyometric training drills to give participants a unique challenge.

**H2O BOOTCAMP** – (advanced)  
For this class, a variety of exercise equipment will be used at several workout stations. They include hydrotone, steps, balls and more in an intense boot camp class format.

**STEP IN THE WATER** (advanced) This class is a low-impact, high-energy aquatic workout that uses a raised platform (like in step aerobics) in the pool, combining cardiovascular and strength conditioning in the water.

### **WARM WATER CLASSES:**

**ARTHRITIS FOUNDATION AQUATICS** – (All levels) This warm water class is for individuals with mobility challenges, i.e. arthritis, surgery or joint injuries. Emphasis is on range of motion, balance and mild strengthening exercises. This is a “stepping stone” to Liquid Balance.

**AI CHI** – (All levels) The warm water exercise class is comprised of deep breathing and slow broad movements of the arms, legs and torso at shoulder depth. The main focus is relaxation. Secondary benefits are improved range of motion and overall mobility.

**LIQUID BALANCE** – (All levels) Whole body strengthening (using your body for resistance), stretching and balance work is the primary focus. Suspended and anchored movements are also utilized to increase stamina. The last 5 minutes are reserved for a relaxation.

**BACK BIOMECHANICS** (All levels) This class focuses on strengthening the upper and lower back in order to facilitate functional movements for everyday life.

**FUNCTIONAL AQUATICS** – (All levels) This class will focus on aquatic training that prepares the body for real-life movements and activities such as squatting, reaching, pulling, and lifting. Instructors will employ the water's resistance in addition to other aquatic exercise tools to strengthen and engage the whole body in functional movements.

**AQUA BALLET** (All levels) – The ultimate total body workout to improve strength, balance, heart health, hip mobility, thoracic mobility and more....And it is fun and engaging.

### **WARM WATER CLASSES (continued):**

**WATER YOGA** – (All levels) Basic yoga poses are adapted for the warm water pool. The main focus is on dynamic strengthening, stretching, balance, and relaxation. Body awareness and mental focus are enhanced through the union of mind, body and breath.

**AQUA PILATES** – (Beginner to Intermediate) Basic Pilate's moves are adapted for the warm water pool. The focus is on strengthening the smaller, less used muscles attached to the spine. Great class for those with back problems. Class is very gentle, yet powerful and effective.

**AQUA PiYo** (Beginner to Intermediate) This low-impact workout combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Essentially, PiYo is a hybrid of the two practices.

**CORE IN THE WATER** – (Beginner to Intermediate) This class consists of strengthening exercises for the abdominals, low back, hamstrings, quadriceps, gluteals, and the smaller, less used muscles attached to the spine.

**PYRAMID AQUATICS** – (Beginner to Intermediate)  
Class will use gradual progression of strengthening and cardio using pyramid techniques.

**BALANCE & STRENGTH** – (Intermediate) Balance and strengthening work using equipment for resistance in the warm pool.

**NOODLE FUNDAMENTALS**  
(Intermediate) This class is designed for a total body workout using the noodle's buoyancy and resistance properties. The first segment of this class is designed to reach your target heart rate in the cardio portion. The second segment of this class is designed to strengthen the upper body, the lower body and the core.

**CARDIO & STRENGTH** – (Intermediate)  
Cardio and strengthening work using equipment for resistance in the warm pool.