

JANUARY 2017 WATER FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:10a.m.		SilverSneakers® Splash		SilverSneakers® Splash		
8 a.m.	Aqua Fit Cardio	SilverSneakers® Splash	Aqua Fit Cardio	SilverSneakers® Splash	Aqua Fit Cardio	SilverSneakers® Splash
9 a.m.	A.F.A.P.	Aqua Dance	A.F.A.P.	Aqua Dance	A.F.A.P.	
10 a.m.	Fit N' Fun	Cardio Concert/Tabata	Fit N' FUN	Tabata	Fit N' Fun	Fit N' Fun
11 a.m.	SilverSneakers® Splash	Aqua Easy	SilverSneakers® Splash	Aqua Easy	JOYnts in Motion	
NOON	Paddleboard Yoga Lori \$15/class/12:30- 1:30			Zumba		
5:30 p.m.	Cardio Concert	Cardio	Stretch & Tone	Step Tabata		
6:30 p.m.	FIN & SPIN	FIN & SPIN	Cardio Concert	Stretch & Tone		

****James City County Recreation Center wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are emailed to participants who provide a valid email address, and are also available at the Center Front Desk, online and are posted by the aerobic studio. For the complete description of all land and aquatic class offerings, please visit our website at <http://www.jamescitycountyva.gov/recreation>**

WATER FITNESS CLASS DESCRIPTIONS

► AQUA EASY

Are you looking to get back into exercise, but do not want a workout that is too strenuous? Class consists of low impact cardio workout that works the whole body. Classes are structured so participants are comfortable moving at their own pace with guidance from their instructor. Aqua shoes and water deck side recommended.

► ARTHRITIS FOUNDATION AQUATIC PROGRAM (A.F.A.P.)

Arthritis Water Exercise provides an environment for relieving arthritis pain and stiffness, and improving range of movement of joints affected by arthritis in soothing warm water. Water supports joints, lessens stress, allows free movement and provides mild resistance to build muscle strength. Participants perform range-of-motion, strengthening and aerobic exercise.

► CARDIO CONCERT

From Rock n' Roll to Country to classical and everything in between, this is a workout that will raise heart rates and lift your spirits! A little dancing, stretching and cardio too! (This is NOT a Zumba class)

► CARDIO-LITE/ SilverSneakers®

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility, and of course core. This is an overall body workout that will help increase your endurance, improve balance and leave you with a feeling of good health.

► AQUA DANCE

Do you love to move to the music? Want to move to the beat in the pool for a, spirited exercise that leaves you smiling ear-to-ear? AQUA DANCE is the class for you. ZUMBA is a fun, energetic class that fuses Latin rhythms and easy to follow moves. Now, AQUA DANCE adds all the benefits of aquatic exercise to a variety of dance workouts. AQUA DANCE embraces the rhythms and movements of a variety of upbeat musical styles for fun and energizing workouts. Anyone can join AQUA DANCE. No dance background necessary—just the willingness to move and have fun. Routines feature dynamic rhythms and easy-to-learn steps that'll get you moving right away. In minutes you'll be moving to the beat and having a blast. Aqua shoes recommended. Water deck-side.

► AQUA FIT CARDIO

Rev up your day with a dynamic cardio workout without the joint stress. This class offers a cardio endurance and strength workout suitable for all fitness levels. No swim skills needed. Aqua shoes and water deck side recommended.

► TABATA

Tabata training is a form of High Intensity Interval Training or HIIT. Tabata has very short with high intensity work periods followed by even shorter rest breaks. One of the benefits is that this program can help your body release fatty acids, release HGH (hormone that burns fat) and burn more calories at rest up to 36 hours after exercise.

► TRI AQUA-THON

Class includes spinning, running and swimming using aquatic equipment and buoyancy belts. Class is in the deeper area of the pool, and easy on the joints providing cardio endurance and core strengthening benefits. Be comfortable in up to 5 feet of water. All fitness levels. No swim skills needed.

► Aqua JOYnts in Motion

Put JOY back in movement with flex, stretch, and range of motion exercises. Stand Fit for better posture, balance, breathing and strength.

Standing fit. Helps us Breathe Better. When we breathe better we stimulate our metabolism and are also able to burn calories faster. Uses More Calories. Standing up straight will burn more calories a day. Not only because you are building muscle but because you are using more energy. Builds Strength. Standing up straight on a regular basis builds muscle & strength, specifically core muscles which are your abdomen and back. Sheds 10 Pounds Instantly. When we slouch we look heavier than we really are. Good posture forces us to pull everything up and in and we look thinner. Suitable for all fitness levels.

SPLASH/ SilverSneakers®

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

STRETCH & TONE

Incorporating weights and resistance into a full body workout that helps tone certain muscle groups and leaves you feeling strong.

STEP-TABATA

With the use of high energy and fast paced timing and adding aerobics steps, get ready to make your steps count!

FIT N' FUN

Suitable for all ages. Children 8+ to adults. This shallow water class focuses on improving circulation, strength, range of motion, and flexibility through low impact exercise. No swim skills needed. Aqua shoes recommended and water deck-side. Parents and children welcome!

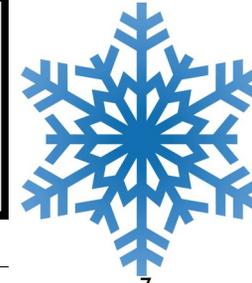
Rec Center Phone (757)-259-4200

For access to land and aquatic classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk.

- \$55; \$50 for JC/W residents—one month unlimited— **With no facility pass**
- \$30 a month for unlimited classes—**3,6,12 month facility pass holder**
- \$60; \$55 for JC/W residents—10 Tab wristband/ no expiration date (10 classes), **no facility pass required**



JANUARY 2017



Schedule

Sun	Mon	Tue	Wed	Thu	Fri	
1 CLOSED	2 Water Fitness	3 Water Fitness WCA (6:15A) WAL ACD (6-7A) WAC 757 CGBD	4 Water Fitness WCA (6:15A) WAL ACD (6-7A) WAC 757 CGBD	5 Water Fitness WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	6 Water Fitness WAC Wal Acd (6-7a) CGBD	7 Water Fitness
8 CGBD	9 Water Fitness Swim Lessons WAC WCA (6:15A) Wal Acd (6-7a) CGBD	10 Water Fitness Swim Lessons WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	11 Water Fitness Swim Lessons WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	12 Water Fitness Swim Lessons WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	13 Water Fitness Swim Lessons WAC Wal Acd (6-7a) CGBD	14 Water Fitness Swim Lessons
15 CGBD	16 Water Fitness Swim Lessons Rec Racers WAC WCA (6:15A) Wal Acd (6-7a) CGBD	17 Water Fitness Swim Lessons Rec Racers WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	18 Water Fitness Swim Lessons Rec Racers WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	19 Water Fitness Swim Lessons Rec Racers WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	20 Water Fitness Swim Lessons WAC Wal Acd (6-7a) CGBD	21 Water Fitness Swim Lessons
22 CGBD	23 Water Fitness Swim Lessons Rec Racers WAC WCA (6:15A) Wal Acd (6-7a) CGBD	24 Water Fitness Swim Lessons Rec Racers WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	25 Water Fitness Swim Lessons Rec Racers WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	26 Water Fitness Swim Lessons Rec Racers WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD	27 Water Fitness Swim Lessons WAC Wal Acd CGBD	28 Water Fitness Swim Lessons
29 CGBD	30 Water Fitness Swim Lessons Rec Racers WAC WCA (6:15A) Wal Acd (6-7a) CGBD	31 Water Fitness Swim Lessons Rec Racers WAC 757 Swim WCA (6:15A) Wal Acd (6-7a) CGBD				

(Number of lanes in parenthesis)

Swim Lessons

Morning Lessons

T/Th 10:30am-1:15pm

Fri 10:30am—1:15pm

Sat 9:30am—12:15pm

Evening Lessons

M/W: 4:30-7:15 pm(3)

T/Th: 4:30-8:15 pm (4)

*Ends 02/02/2017

Water Fitness

M//W

8 am –1 pm 4)

*Monday Only 8am-1:30

5:30-7:30 p.m. (2)

Tu/Th:

7:10 a.m.-1 p.m./ (3)

5:30-7:30 p.m. (2)

Fri:

8 am–12p.m. (4)

Sat:

8-9 a.m., 10-11am (3)

Rec Racers

M/W 4:30-7:30pm (2)

T/Th 4:30-7:30pm (2)

*End 04/18/2017

CGBD

M/W 3-4:30pm (2)

T/Th 3-5:30pm (2)

Fri 3-5:30 (4)

Sun 2-4pm (4)

757 Swim

T/W/TH 7:30-9:00 (4)

WAC

M/W 3-5pm (3)

T/Th 3-4:30pm (3)

Fri 3-5:15pm (2)

5:30-6:30pm (4)

M-Th 7:30-8:45p (4)