



# August 2020 WATER FITNESS CLASS SCHEDULE

**All Water Fitness classes will be held at the Chickahominy Riverfront Park pool!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.						H2O HIIT Fit Nancy
8:45 a.m.	Cardio Linda	Multi-Level Water Exercise Ruth	Cardio Linda	Multi-Level Water Exercise Ruth	Cardio Linda	
9:15 a.m.						Cardio Nancy
10 a.m.	Cardio Linda	SilverSneakers Splash Ruth	Cardio Linda	SilverSneakers Splash Ruth	Cardio Linda	

Chickahominy Riverfront Park Address: 1350 John Tyler Hwy. Williamsburg, VA 23185

### Phase II Water Fitness Guidelines

- All participants will be required to have a temperature check and answer a brief Covid-19 verbal questionnaire before entrance to the pool facility by one of the lifeguards on duty.
- Masks are required to be worn except while in the pool during class.
- Class sizes will be limited to **16 participants** to insure proper social distancing and physical distancing requirements set by the Governor. Reservations will need to be made to secure your spot in classes by calling into the front desk at 757-259-4200 opt. 0. **Reservations can only be made one day ahead of time.**
- All participants will be required to have a valid Group Fitness Pass to the James City County Recreation Center or have a 10 tab wrist band that can be purchased at the James City County Recreation Center. Day access will not be permitted.
- Classes will be 50 minutes per class.

## WATER FITNESS CLASS DESCRIPTIONS

#### Multi-Level Water Exercise

A variety of stretching, toning and cardio exercises designed so everyone can work to their ability and improve Activities of Daily Living. Progressions and alternatives are offered. Try different moves and keep your body toned and burn calories while having fun. Includes targets exercises for hips, shoulders, knees and core.

#### CARDIO

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.

#### 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.

#### H2O - HIIT FIT

Rev up your heart rate with High Intensity Interval Training which will improve your stamina, torch calories and leave you feeling exhilarated.