



WARM WATER POOL SCHEDULE - Physical Edge South

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-9:00 am Group Exercise		8:00-9:00 am Group Exercise		
10:30-11:30 am Wet & Wild Workout	10:30-11:30 am Flex & Move	10:30-11:30am Wet & Wild Workout	10:30-11:30 am Flex & Move			

Flex & Move – Level 1

Enjoy the benefits of greater freedom of movement, improved function of daily activities and decreased pain. Gently move your joints from head to toe through range of motion exercises; you will bend, flex and rotate while supported by warm water. This class is a low to no impact class with emphasis on postural awareness, core development, controlled movement and mobility. If you are new to either aqua fitness or regular exercise, or you are recovering from an injury or have poor balance, this class is a friendly place to start getting fit. Instructor: Ali Battig & Laretta Hyatt-Chan

Wet & Wild Workout – Level 2

Make waves while you tone, strengthen, and stretch your muscles in the pool. Combine water walking, jogging, rebounding and suspension with a healthy beat and a dash of enthusiasm to improve your fitness. We will use water resistance, hand buoys, aqua noodles, partners as well as static stretching to build muscle mass, develop stability, increase endurance and gain flexibility. All major muscle groups will be worked for a comprehensive and safe workout. This class is designed for people comfortable with exercise and with the water. Make a splash. Instructor: Ali Battig & Laretta Hyatt-Chan

Group Exercise Class

Join a long-time group of participants as they tone and strengthen their bodies in the water. The class is organized and led by the participants. Please join in the fun.

If you wish to join the water fun and you are new to aqua exercise, please visit our “Flex & Move” class first to familiarize yourself with the basic moves & the feel of the water or sign up for a personal training session in the pool

