

Warm Water Pool Schedule - Physical Edge

1460 Drew Avenue, Ste 200, Davis, CA 95618 * Phone: 530-753-9011 * Fax: 530-753-9021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------------------|---|-------------------------------|--------------------------------|----------|--------|
| 8:30-9:30 am Wet & Wild Workout | 8:00-9:00 am Group Exercise | 8:30-9:30 am Wet & Wild Workout | | 8:00-9:00 am Group Exercise | | |
| 10:30-11:30 am Wet & Wild Workout | 10:30-11:30 am Flex & Move | 10:30-11:30 am Wet & Wild Workout | 10:30-11:30 am Flex & Move | | | |
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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: Laretta Hyatt-Chan

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 with one of our instructors.

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: 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.