

Powell Wellness Center Aquatic Schedule November 2018

Reminders: There is no admittance to group exercise class 5 minutes after the class has started. During inclement weather, classes are subject to change due to instructor availability. If there is severe weather in the area, please call the facility (540-445-5406) to check on the status of the pool as it will close for lightning and/or thunder.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30–6:30am Volleyball (L)		5:30–6:30am Volleyball (L)		
6:15–7:15am River Swim (R)		6:15–7:15am River Swim (R)		6:15–7:15am River Swim (R)	
7:00am–12:00pm Physical Therapy	7:00am–5:30pm Physical Therapy	7:00am–12:00pm Physical Therapy	7:00am–5:30pm Physical Therapy	7:00am–12:00pm Physical Therapy	
	8:15–9:00am Step Amy (L)	8:15–9:00am Cardio Deeper (I) Amy	8:15–9:00am Step Amy (L)		7:30–8:30am River Swim (R)
	9:00 – 12:45pm Swimming Lessons		9:00 – 12:45pm Swimming Lessons		8:25–12:10pm Swimming Lessons
9:15–10:00am Aqua Burn Amy (L/I)	9:15–10:10am Volleyball Amy (L)	9:15–10:00am Aqua Blaze Amy (L)	9:15–10:10am Volleyball Amy (L)	9:15–10:00am Aqua Zumba Kaori (L)	12:00–2:00pm Family Swim
10:15–11:00 am Fluid Motion Bonnie (I)	10:15–11:00 am River Walking Amy (R)	10:15–11:00 am Fluid Motion Bonnie (I)	10:15–11:00 am River Walking Amy (R)	10:15–11:00 am Fluid Motion Bonnie (I)	
11:15am–12:00pm River HIIT Amy (R)	11:15am–12:00pm Cardio Deep Amy (I)	11:15am–12:00pm River HIIT Amy (R)			
	12:00–1:00pm River Swim (R)		12:00–1:00pm River Swim (R)		
2:00–3:00pm Aquatic Barre Sharon (I)	1:00–1:45pm FitScripts Whitney (I)	2:00–3:00pm Aquatic Barre Sharon (I)	1:00–1:45pm FitScripts Whitney (I)		
4:00–7:30pm Swimming Lessons	4:30–7:30pm Swimming Lessons	4:00–7:30pm Swimming Lessons	4:00–5:00pm Adult Inner Tube (R)	6:00–8:00pm Family Swim	
5:00–5:45pm FitScripts Whitney (I)		5:00–5:45pm FitScripts Whitney (I)		SMALL GROUP TRAINING: Participants must sign up and pay in advance at the Front Desk. FitScripts: Monday & Wednesday at 5:00pm, Tuesday & Thursday at 1:00pm Aquatic personal training available.	
5:30–6:15pm Bata-BOOM Charlsa (L)	6:00–8:00pm Family Swim	5:30–6:30pm Boot Camp & Abs Charlsa (L)	5:30–6:45pm Yoga Kaori		
8:00–9:00pm River Swim (R)		8:00–9:00pm River Swim (R)			
					SUNDAY 10:00am–12:00pm Family Swim

KEY

- River (R)
- Lap Lanes (L)
- Inner Pool (I)
- Additional Fee (\$)
- All ages welcome in the pool

1005 Golf Drive
 Culpeper, VA 22701
 540.445.5406
www.powellwellness.com



Aquatic Class Descriptions

Please use caution when crossing the river to get to the therapy pool. Classes held in the river may cause the current to be stronger than normal.

Adult Inner Tube: Relax floating away in our lazy river in our new inner tubes. It's a mixture of relaxation and loads of fun!

Aquatic Barre: Ballet inspired movements are used for a total body workout. Strengthening and toning the muscles in your legs, gluteal's, core and arms.

Aqua Blaze: A grab bag of interval training and tabata workouts with surprise suspended moves tossed in, making your body a calorie-burning machine long after class.

Aqua Zumba®: A mix of low-intensity and high-intensity moves in the water for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility.

Bata-BOOM: Non-impact, fast paced and fun! A Tabata style class using 20-second work cycles followed by 10 seconds rest. The self-paced format offers a challenging option for all ability levels, with the potential to progress.

BioExercise™ (\$): Combines activities for both body and mind to improve total body functionality.

Boot Camp & Abs: Interval cardiovascular exercises and strength training in the water for an intense, total-body workout. All fitness levels welcome.

Cardio Deeper: Intense upper/lower body workout in the deep section of the pool. Belt is required. Intermediate fitness level recommended. Class is designed for experienced pool exercisers.

Family Swim: PWC offers a safe swimming environment for families to gather for swimming. Each family swim participant should sign in at the PWC Front Desk to enter the pool. Family swim is limited to 50 participants. Please check our website for more information on Family Swim (www.powellwellnesscenter.org/aquatics.aspx).

FitScripts (\$): Additional Fee Group Class: A physician referred program designed for those who want to exercise but many have chronic conditions or physical limitations such as obesity, diabetes, or orthopedic limitations.

Fluid Motion: Warm water, low intensity water class designed to help participants with joint concerns, including stiffness, arthritis, rheumatoid arthritis, fibromyalgia and/or back pain. Incorporates exercises to improve flexibility, balance, strength and joint range of motion.

River HIIT: A high-energy interval workout that works with and against the flow of the river. Intermediate fitness level recommended. Class is designed for experienced pool exercisers.

River Walking: You will strengthen and build muscles with low-impact water walking techniques in this 45 min class. Take advantage of the natural resistance of water to improve cardio, strength and balance. All fitness levels welcome. Great class for those just learning how to use PWC's T.U.R.T.T.L.E. Pool.

Step: Aquatic step adds a new challenge to every movement. Step in the water incorporates large dynamic moves that will both improve your cardiovascular endurance levels and muscle strength. The water pro-vides the perfect safe environment for a fun, low impact step class that takes your fitness to the next level.

Volleyball: Low impact water volleyball. Fun for all fitness levels.

Yoga: Yoga movements that sequence and flow with the gentle resistance of the water that work on balance and coordination.