

Powell Wellness Center Aquatic Schedule September 2019

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)		
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 Extreme Aquatics <i>Amy (R)</i>	8:15–9:00am Step <i>Amy (L)</i>	8:15–9:00am Extreme Aquatics <i>Amy (R)</i>	8:15–9:00am Step <i>Amy (L)</i>		7:30–8:30am River Swim (R)
9:00 – 12:45pm Swimming Lessons	9:00 – 12:45pm Swimming Lessons	9:00 – 12:45pm Swimming Lessons	9:00 – 12:45pm Swimming Lessons		8:25–1:00pm Swimming Lessons
9:15–10:00am Aqua Burn <i>Amy (L/I)</i>	9:15–10:10am Volleyball <i>Amy (L)</i>	9:15–10:00am Aqua Blaze <i>Amy (L)</i>	9:15–10:10am Volleyball <i>Amy (L)</i>	9:15–10:00am Aqua Zumba <i>Kaori (L)</i>	12:00–2:00pm Family Swim
10:15–11:00 am Fluid Motion <i>Bonnie (I)</i>	10:15–11:00 am River Moves <i>Amy (R)</i>	10:15–11:00 am Fluid Motion <i>Bonnie (I)</i>	10:15–11:00 am River Moves <i>Amy (R)</i>	10:15–11:00 am Fluid Motion <i>Bonnie (I)</i>	
11:15am–12:00pm River HIIT <i>Amy (R)</i>	11:15am–12:00pm Cardio Deeper <i>Amy (I)</i>	11:15am–12:00pm River HIIT <i>Amy (R)</i>	11:15am–12:00pm Cardio Deeper <i>Amy (I)</i>	11:15am–12:00pm Aqua Pump NEW <i>Ada (L)</i>	SUNDAY
	12:00–1:00pm River Swim (R)		12:00–1:00pm River Swim (R)		10:00am–12:00pm Family Swim
2:00–2:45pm Move Better <i>Sharon (I)</i>	1:00–1:45pm FitScripts <i>Sharon (I)</i>	2:00–2:45pm Move Better <i>Sharon (I)</i>	1:00–1:45pm FitScripts <i>Sharon (I)</i>		
4:00–7:30pm Swimming Lessons	4:30–7:30pm Swimming Lessons	4:00–7:30pm Swimming Lessons	1:00–5:00pm Swimming Lessons	6:00–8:00pm Family Swim	
5:00–5:45pm FitScripts <i>Sharon (I)</i>		5:00–5:45pm FitScripts <i>Sharon (I)</i>	4:00–5:00pm Adult Inner Tube (R)	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 <i>Charlsa (L)</i>	6:00–8:00pm Family Swim	5:30–6:30pm Boot Camp & Abs <i>Charlsa (L)</i>	5:30–6:30pm Deep Water Yoga <i>Kaori</i>		
8:00–9:00pm River Swim (R)		8:00–9:00pm River Swim (R)			

- 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!

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 Pump^{NEW}: This 45 minute class strengthens and tones the entire body using foam barbells and the resistance of the water. Receive all the benefits of weight training with minimum impact to the joints. Challenging options available for all fitness levels.

Aquatic Performance Training: This small group aquatic training will challenge your cardiovascular endurance and improve your athletic performance. Rigorous interval training will push you to your personal best!

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 (Move Better): Improve your joint mobility and gait patterns. Build strength and flexibility in every joint to help you move better through daily activities.

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.

Deep Water Yoga: Develop strength and balance with this relaxing form of aquatic exercise. Aqua yoga is a low-impact aquatic exercise, performing yoga poses in warm water.

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 Moves: A great introduction to water classes and the river. This class is an "at your own pace", low impact class. Using equipment, you will learn ways to walk, leap and bound through the water to increase strength and cardio endurance.

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 provides 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.