

Hampshire Wellness & Fitness Pool Exercise Classes March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Monday-Friday 6AM-7PM Saturday 8AM-2PM	Rehabilitation Services In Therapy Pool M, W, F: 1-4PM No admittance to members during those times if there are patients in the pool.		10:00 Arthritis 5-7 Swim Lessons 1-7 Open Swim	1-4 Open Swim 4:00 Aqua Fit 5-7 Open Swim	10:00 Arthritis 1-7 Open Swim	Open Swim 8-2
5	6	7	8	9	10	11
	10:00 Arthritis 1-7 Open Swim	11:00 Toning 1-4 Open Swim 4:00 Aqua Fit 5-7 Open Swim	10:00 Arthritis 5-7 Swim Lessons 1-7 Open Swim	1-4 Open Swim 4:00 Aqua Fit 5-7 Open Swim	10:00 Arthritis 1-7 Open Swim	Open Swim 8-2
12	13	14	15	16	17	18
	10:00 Arthritis Augusta 12 – 2 PM 1-7 Open Swim	11:00 Aqua Yoga Augusta 12 – 2 PM 4:00 Aqua Fit 2-7 Open Swim	10:00 Arthritis Augusta 12 – 2 PM 5-7 Swim Lessons 2-7 Open Swim	Augusta 12 – 2 PM 4:00 Aqua Fit 2-7 Open Swim	10:00 Arthritis Home School 1PM Free Open Swim 1-7	Open Swim 8-2
19	20	21	22	23	24	25
	10:00 Arthritis Augusta 12 – 2 PM 1-7 Open Swim	11:00 Toning Augusta 12 – 2 PM 4:00 Aqua Fit 2-7 Open Swim	10:00 Arthritis Augusta 12 – 2 PM 5-7 Swim Lessons 1-7 Open Swim	1-4 Open Swim 4:00 Aqua Fit 5-7 Open Swim	10:00 Arthritis HHS Rewards 12-3 3-7 Open Swim	Open Swim 8-2
26	27	28	29	30	31	1
	10:00 Arthritis 1-7 Open Swim	11:00 Aqua Yoga HHS Rewards 12-3 4:00 Aqua Fit 3-7 Open Swim	10:00 Arthritis 5-7 Swim Lessons 1-7 Open Swim	HHS Rewards 12-3 4:00 Aqua Fit 3-7 Open Swim	10:00 Arthritis HHS Rewards 12-3 3-7 Open Swim	Triathlon 8-12 Pool Closed to Members during the competition.
						*Pool will close at noon beginning 4/1/23

Pool Class Descriptions

Arthritis

Beginner's class designed for individuals with joint limitation or pain. Class emphasis is on increasing the range of motion and strengthening of muscle groups. This class is an excellent class for new members or those just beginning to exercise. Members do not need to have arthritis to participate. This is an excellent class for anyone with any clinical condition.

Toning

This class is designed for individuals who are interested in increasing muscle tone, strength, and range of motion through water fitness, use of water weights, and resistive devices. This class is challenging and fun and you can work at your own level.

Aqua- Fit

This is a variety of cardio, strength, core & flexibility exercises in the pool, possibly including Aqua Kickboxing, Step or Zumba. This class is designed for all levels.

Aqua Step

Begin with a warm-up using a step, followed by choreographed routines on the **step**, and a cooldown at the end. Movements in this class are modified for all levels.

Aqua Kickboxing

In this class participants will do boxing punching combinations, kicking combinations, aqua gloves or weights are optional. This is a heart pumping exercise class for a more aggressive Aqua workout! Movements in this class are modified for all levels.

Aqua Boot Camp

Aqua Boot Camp is a high intensity water fitness program that provides the benefits in the pool with little to no impact on joints and expands lung capacity, as well as benefits of weight and resistance training of the traditional gym. Kick up the intensity of your water workout with timed drills and traditional boot camp style exercises with water equipment that will make you sweat! Come out of your aquatic comfort zone and join us for the fun!

Aqua Yoga

A new twist on an old tradition! Enjoy the mind/body benefits of Yoga in the warmth of the therapy pool. Anyone can reap the benefits of this special fusion class.

Swim Instruction

We offer Individual and Buddy packages for private lessons. Group swim lessons for children are offered throughout the year, watch for details. Swim lessons for adults are also available.

Open Swim

Open swim is available to members and the children on their memberships, and paid guests. This is the only time that children from ages 6 months-9 years can be in the pool and they must be accompanied by a family member. Children are not permitted in the pool during class hours. The therapy pool is off limits to children at all times **IF** a member wants to use it. The therapy pool is to be used for warmth & relaxation, not a recreational area.