

AQUA Schedule May 2019



Wellness Center's Hours:

MONDAY—THURSDAY

5:15AM— 9:30pm

FRIDAY

5:15AM— 9:00PM

SATURDAY

7:00AM— 7:00pm

SUNDAY

10:00AM— 7:00pm

Kidz Klub Hours:

MONDAY—THURSDAY

8:15AM— 1:30pm

4:00-8:00pm

FRIDAY

8:15AM— 1:30PM

4:00-6:30pm

SATURDAY

8:15AM— 1:00pm

SUNDAY

CLOSED

www.RMHWellnessCenter.com

Phone: 564-5682

Instructors subject to change

All classes 55 min unless marked
*45 min class

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28		29 5:30-6:30am Master Swim 8:15 Making Waves—Melissa 9:30 Making Waves— JennaRose 10:30* Gentle Wave— JennaRose 11:30* Yoqua— Carly 1:00 Aqua Fit— Heather **2:00 Pool Pleasures 5:30 Aqua Deep—Nancy	30. 8:45* Gentle Wave—Nancy 9:30* Aqua Party -- Nanc 10:30 Aqua Deep— Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only	1. 8:15* Aqua Party -- Carly 9:30 Making Waves— Carly 10:30* Gentle Wave— Gina 1:00 Aqua Fit— Gina **2:00 Pool Pleasures 5:30 Aqua Deep— Melissa 6:30-7:30pm Master Swim	2 8:45* Gentle Wave— Carly 10:30 Aqua Deep— Melissa 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only 5:30* Yoqua— Janine	3 5:30-6:30a Master Swim 8:15 Making Waves— Nancy 9:30 Making Waves— Carly 10:30* Gentle Wave— Carly 1:00 Aqua Fit— Nancy **2:00 Pool Pleasures 4:30 Aqua Deep— Nancy	4 First Saturday 8:30* Aqua Flow—Nancy 9:30* Making Waves— Nancy
5		6 5:30-6:30am Master Swim 8:15 Making Waves— Melissa 9:30 Making Waves—JennarRose 10:30* Gentle Wave—JennaRose 11:30* Yoqua— Melissa 1:00 Aqua Fit— Melissa **2:00 Pool Pleasures 5:30 Aqua Deep—Nancy	7 8:45* Gentle Wave— Nancy 9:30* Aqua Party-- Nancy 10:30 Aqua Deep— Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only	8 8:15* Aqua Party-- Nancy 9:30 Making Waves— Carly 10:30* Gentle Wave—Gina 1:00 Aqua Fit— Gina **2:00 Pool Pleasures 5:30 Aqua Deep— Melissa 6:30-7:30pm Master Swim	9. 8:45* Gentle Wave— Melissa 10:30 Aqua Deep— Melissa 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only 5:30* Yoqua— Nancy	10. 5:30-6:30sm Master Swim 8:15 Making Waves— Heather 9:30 Making Waves— Carly 10:30* Gentle Wave— Nancy 1:00 Aqua Fit— Nancy **2:00 Pool Pleasures 4:30 Aqua Deep— Nancy	11. 7-8am Master Swim 8:30* Yoqua— Lori 9:30* Aqua 45— Heather
12		13. 5:30-6:30am Master Swim 8:15 Making Waves— Melissa 9:30 Making Waves— JennaRose 10:30* Gentle Wave— JennaRose 11:30* Yoqua— Carly 1:00 Aqua Fit— Heather **2:00 Pool Pleasures 5:30 Aqua Deep—Heather	14. 8:45* Gentle Wave— Nancy 9:30* Aqua Party -- Nancy 10:30 Aqua Deep— Nancy 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only	15. 8:15* Aqua Party -- Carly 9:30 Making Waves— Carly 10:30* Gentle Wave— Gina 1:00 Aqua Fit— Gina **2:00 Pool Pleasures 5:30 Aqua Deep— Melissa 6:30-7:30pm Master Swim	16. 8:45* Gentle Wave— Carly 10:30 Aqua Deep— Melissa 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only 5:30* Yoqua — Janine	17. 5:30-6:30am Master Swim 8:15 Making Waves— Heather 9:30 Making Waves— Heather 10:30* Gentle Wave— JennaRose 1:00 Aqua Fit— Gina **2:00 Pool Pleasures 4:30 Aqua Deep— Melissa	18. 8:30* Yoqua—Melissa 9:30* Aqua Fit— Melissa
19		20 5:30-6:30am Master Swim 8:15 Making Waves— Melissa 9:30 Making Waves— JennaRose 10:30* Gentle Wave— JennaRose 11:30* Yoqua— Melissa 1:00 Aqua Fit— Heather **2:00 Pool Pleasures 5:30 Aqua Deep—Melissa	21. 8:45* Gentle Wave—Carly 9:30* Aqua Party -- Carly 10:30 Aqua Deep— Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only	22. 8:15* Aqua Party -- Carly 9:30 Making Waves— Carly 10:30* Gentle Wave— Gina 1:00 Aqua Fit—Gina **2:00 Pool Pleasures 5:30 Aqua Deep— Nancy 6:30-7:30pm Master Swim	23. 8:45* Gentle Wave—Melissa 10:30 Aqua Deep— Melissa 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only 5:30* Yoqua— Nancy	24. 5:30-6:30am Master Swim 8:15 Making Waves— Heather 9:30 Making Waves— Carly 10:30* Gentle Wave— Nancy 1:00 Aqua Fit— Nancy **2:00 Pool Pleasures 4:30 Aqua Deep— Nancy	25. 7-8am Master Swim 8:30* Yoqua— Nancy 9:30* Aqua 45—Nancy
26		27 5:30-6:30am Master Swim Memorial Day Hours: 5:15a-5p 9:30 Making Waves—Melissa 10:30* Gentle Wave— Melissa	28. 8:45* Gentle Wave—Nancy 9:30* Aqua Party -- Nancy 10:30 Aqua Deep— Nancy 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only	29. 8:15* Aqua Party -- Carly 9:30 Making Waves— Carly 10:30* Gentle Wave— Gina 1:00 Aqua Fit—Gina **2:00 Pool Pleasures 5:30 Aqua Deep— Melissa 6:30-7:30pm Master Swim	30. 8:45* Gentle Wave— Carly 10:30 Aqua Deep— Melissa 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only 5:30* Yoqua— Janine	31. 5:30-6:30am Master Swim 8:15 Making Waves— Nancy 9:30 Making Waves— Carly 10:30* Gentle Wave— Carly 1:00 Aqua Fit— Gina **2:00 Pool Pleasures 4:30 Aqua Deep— Nancy	

CLASS DESCRIPTIONS

CARDIO

CARDIO STEP (M-H) A challenging workout with creative choreography on and around the step platform designed to increase your heart rate and keep it at a steady pace, followed by 5-10 minutes of core work.

ZUMBA (M-H) This class fuses a variety of Latin and international music with fast and slow dance rhythms to create a one of a kind fitness party!

CARDIO/STRENGTH

TONE™ (M-H) Use resistance tubes and body weight for three workouts in one—cardio, strength and core training! High energy instructors and inspirational music will leave you fizzing with energy!

BODYCOMBAT™ (M-H) High energy martial arts-inspired kickboxing workout that is non-contact. This class is sure to get your heart rate up & relieve stress. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira 7 & Kung Fu.

CARDIO CORE FUSION (M-H) This core workout uses resistance bands, weight plates, and your own bodyweight to target and strengthen your hips, abs, glutes, and lower back as well as incorporating cardiovascular training.

CARDIO MUSCLE SOLUTION (CMS) (M-H) is a boldly intense, low impact interval workout designed to keep the heart rate up. This total body workout will incorporate strength and cardio exercises using a variety of equipment.

CARDIO & KETTLEBELLS (M-H) This new class combines the strength and cardio benefits of kettlebells. Kettlebell exercises utilize total body movements that integrate and stabilize the core. Class welcomes beginners and fitness enthusiasts of all ages!

MOVEMENT MATTERS (L) A class designed for seniors and special populations looking for supervised strength, balance, agility, and stretching exercises. This is a 45 minute class. (ProEx friendly)

METABOLIC MELTDOWN (H) The ultimate 30 minute high intensity total body workout! Programmed by our personal trainers, this is a 12 week progressive exercise class that is sure to burn calories, build muscle and get your heart rate pumping!

STRENGTH

BODYPUMP™ (M-H) Challenge every major muscle group with this weight-plated barbell workout. High repetition and big moves boost endurance and speeds metabolism for rapid fat burn. 30 & 55 minute options.

FIT ENCORE (L) Class geared towards senior population, focusing on balance, posture, strength and stability. Helps to reduce the risk of falling.

MUSCLE SOLUTION (M-H) Build lean muscle and burn a ton of calories in this ultimate sculpting class designed to define and tone every muscle in every way.

TRX KETTLEBELL (M-H) Join in this NEW total body strength and cardio based class to learn proper form and technique for kettlebell movements, TRX and bodyweight conditioning! (Advanced movements are involved in this class)

CYCLING

WAKE UP AND RIDE (M-H) Need a jumpstart to your morning? This is the cycling class for you! Enjoy an upbeat ride to high energy music with hills, drills, sprints, and lifts! Class is now 50-55 minute ride followed by a 5-10 minute stretch.

CYCLE & STRETCH (M-H) Interval spin drills for endurance, power, and speed that include time trials, climbs, sprints, and pulls for an exciting and unpredictable ride. This class also include an extended stretch at the end that may include some of your favorite yoga poses. **70 minutes**

MIND/BODY

CHAIR YOGA (L) Yoga class designed for senior population, flow with the breath through yoga poses without moving up and down off the floor.

GENTLE YOGA (L) Improve range of motion, flexibility and strength with Yoga poses modified for those with limited flexibility, balance, mobility or specific limitations. 45 minutes. (ProEx friendly)

POWER & RESTORE YOGA (M-L) This class offers the best of both worlds! 40 minutes of power yoga followed by a 20 minute restorative yoga sequence.

TAI CHI (L) This 30 minute class will compliment your wellness practice using traditional Tai Chi methods which brings together the mind, body & spirit as one. (Pro Ex friendly)

YOGA FLOW (M) Flow through vinyasa-style sequences linking movement with breath and challenging your strength, balance and flexibility while centering and calming your mind. Pace is steady and rhythmic. Some yoga experience helpful, but not required.

TRANSFORM & FLOW (M-H) Unite yoga and sport like never before to channel your inner athlete. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warriors, and sport-influenced movement involving plyometrics and strength, set to upbeat contemporary songs. 45 & 55 minute options.

YOGA CHALLENGE (M-H) This class is designed to challenge and inspire you. You'll move beyond the fundamentals of breath, movement and alignment, taking your yoga practice to the next level. Enjoy a rigorous flow with full range of motion to develop stability, strength and power. Yoga experience recommended.

YOQUA (L) Release stress and balance the body with yoga inspired moves in the warm water pool. WWP (Pro Ex friendly)

BARRE (M) A total body workout that utilizes the ballet barre to perform small, isometric movements, to sculpt muscles concentrating on hips, thighs, glutes, abdominals and arms.

PURE PILATES (M) This class improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance

*Recommended for individuals familiar with Pilates

AQUATICS

AQUAFIT (M) This complete water workout builds muscle, increases aerobic fitness, and improves flexibility. No swimming skills are necessary to attend this class. SW

AQUA DEEP (M-H) This high intensity water workout based on velocity, drag, and current is designed to burn calories and make you sweat with sports drills and directional changes that increase resistance and shock your body into higher gear. DW

AQUA DANCE (M-H) Splash and dance your way into shape with an invigorating low impact aquatic exercise. This pool party gives new meaning to the idea of a refreshing workout. SW

AQUA 45 (M-L) Need to spice up your aqua routine? Come to aqua 45 for a surprise aqua aerobics class! Dance, aqua box, intervals... and more!

GENTLE WAVE (L) This soothing warm water class incorporates gentle exercises with walking, balance, and shallow and deep water exercises with fun surprises added to the mix. Participants will see improved function in daily activities. WWP (Pro Ex friendly)

MAKING WAVES (M) Challenge and change your body with a combination of cardio intervals, strength, core drills, and flexibility work with the added resistance using the impact-free benefits of water. SW

POOL PLEASURES (L) Gentle exercises to improve mobility, gait, and balance in the warm water pool. Participants will see improved function in daily activities. WWP (Pro Ex friendly)

YOQUA (L) Release stress and balance the body with yoga inspired moves. WWP (Pro Ex friendly)

CLASS ETIQUETTE

- For the courtesy of others, **please arrive to class on time.**
- Athletic non-marking shoes should be worn at all times unless you are participating in a mind/body/pilates/barre class.
- If this is your first time attending a class, please let the instructor know before class begins so that they may assist you.
- Always silence your mobile device before class.
- Please store personal items in a locker.
- Use wipes to wipe down all equipment after class.
- Please put equipment away at the end of class so that the next class may begin on time.
- Food and glass bottles are not allowed in the pool or studio.
- Youth ages 10 and up may participate with a parent or guardian.
- Youth ages 14 and up may participate while a parent or guardian is in the facility.

SW: Shallow Water Class

DW: Deep Water Class

WWP: Warm Water Pool

LES MILLS VIRTUAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LES MILLS BODYCOMBAT 5:25am-5:55am	LES MILLS sprint 5:25am-5:55am	LES MILLS GRIT CARDIO 5:25am-5:55am	LES MILLS BODYPUMP 5:25am-5:55am	LES MILLS BODYFLOW VIRTUAL 6:50pm-7:20pm	LES MILLS ON DEMAND 10:30pm-11:30am
	LES MILLS RPM 7:30am-8:15am		LES MILLS RPM 7:30am-8:15am			LES MILLS BODYPUMP 11:35am-12:20pm
LES MILLS ON DEMAND 12:30pm-1:30pm			LES MILLS sprint 12:30pm-1pm		LES MILLS BODYFLOW VIRTUAL 12:30pm-1:15pm	LES MILLS ON DEMAND 12:30pm-2:05pm
	LES MILLS ON DEMAND 3:00pm-4:00pm	LES MILLS GRIT STRENGTH 3:45pm-4:15pm	LES MILLS ON DEMAND 3:00pm-4:00pm	LES MILLS SH'BAM 3:45pm-4:15pm	LES MILLS ON DEMAND 3:00pm-4:00pm	
LES MILLS BODYPUMP 4:20pm-5:15pm						
LES MILLS ON DEMAND 5:30pm-7pm	LES MILLS GRIT CARDIO 7:35pm-8:05pm	LES MILLS ON DEMAND 7:35pm-9pm	LES MILLS sprint 7:40pm-8:10pm	LES MILLS ON DEMAND 7:35pm-9pm		

What is LES MILLS ON DEMAND?

DURING OUR ON DEMAND TIMES, COME DURING OUR SCHEDULED "ON DEMAND" CLASS AND PLAY WHICH CLASS FORMAT YOU WOULD LIKE TO TRY! ASK OUR FITNESS COORDINATOR OR MANAGER FOR MORE DETAILS!

SPRINT™ (H) 30 Minute high intensity, low impact cycling class, using interval training to maximize calorie burn and help you reach your fitness goals fast!

RPM™ (H) This 45 minute low impact cycling class will guide you through hills, sprints, fast rides and cardio peaks to help boost your cardio fitness!

BODY FLOW™ (L-M) This class is for anyone and everyone! Yoga-based class that will improve your mind, body and life! Simple yoga moves, combining elements of Tai Chi and Pilates.

BODYCOMBAT™ (H) Same great mixed martial arts inspired workout that we already have just lead by our master trainers! Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu!

BODYPUMP™ (H) Same great class we all love just lead by our master trainers!

KIDZ KLUB HOURS

MONDAY-THURSDAY

8:15am-1:30pm

4:00pm-8:00pm

FRIDAY

8:15am-1:30pm

4:00pm-6:30pm

SATURDAY

8:15am-1:00pm

SUNDAY

Closed

First Saturday

LAND

7:15AM Rev Your Ride

8:30AM Mindful Flow

9:30AM BARRE & Balance

10:30AM Step & Box

AQUA

8:30AM Aqua Flow

9:30AM Making Waves

GRIT STRENGTH™ (H) 30 minute high intensity interval training, using fitness barbell, designed to improve strength and build lean muscle. Advanced format

GRIT CARDIO™ (H) 30 minute high intensity interval training workout uses bodyweight to improve cardiovascular fitness, increase speed and maximize calorie burn.

GRIT PLYOMETRICS™ (H) 30 minute high intensity interval training plyometric workout using the bench and explosive jumping exercises with agility training to get you to train like an athlete!

SH'BAM™ (M-H) 45 minute, simple dance workout that anyone can do!

CXWORX™ (M-H) Challenging 30 minute core focused workout using various equipment!