

AQUA Schedule September 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																				
1		2 5:30-6:30am Master Swim 9:30 Making Waves—Melissa 10:30 * Gentle Wave—Carly Happy Labor Day Center Hours 5:15am-5:00pm	3 8:45* Gentle Wave— Gina 9:30* Aqua Party-- Gina 10:30 Aqua Deep— Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only	4 8:15* Aqua Party-- Carly 9:30 Making Waves— Carly 10:30* Gentle Wave—Cheryl 1:00 Aqua Fit— Gina **2:00 Pool Pleasures-Gina 5:30 Aqua Deep— Melissa 6:30-7:30pm Master Swim	5 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— Rebecca	6 5:30-6:30am Master Swim 8:15 Making Waves— Heather 9:30 Making Waves— Melissa 10:30* Gentle Wave— Cheryl 1:00 Aqua Fit— Gina **2:00 Pool Pleasures-Gina 4:30 Aqua Deep— Melissa	7 First Saturday 8:30* Yoga Flowga— Janine 9:30* Aqua Recess—Melissa																				
8		9 5:30-6:30am Master Swim 8:15 Making Waves— Carly 9:30 Making Waves—JennaRose 10:30 * Gentle Wave—JennaRose 11:30* Yoqua— Rebecca 1:00 Aqua Fit— Gina **2:00 Pool Pleasures-Gina 5:30 Aqua Deep—Nancy	10 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	11 8:15* Aqua Party-- Carly 9:30 Making Waves— Carly 10:30* Gentle Wave—Nancy 1:00 Aqua Fit— Nancy **2:00 Pool Pleasures-Nancy 5:30 Aqua Deep— Nancy 6:30-7:30pm Master Swim	12 8:45* Gentle Wave—Gina 10:30 Aqua Deep— Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only 5:30* Yoqua— Nancy	13 5:30-6:30am Master Swim 8:15 Making Waves— Heather 9:30 Making Waves— Carly 10:30* Gentle Wave— Carly 1:00 Aqua Fit— Nancy **2:00 Pool Pleasures-Nancy 4:30 Aqua Deep— Heather	14 7-8am Master Swim 8:30* Yoqua— Lori 9:30* Aqua 45— Nancy																				
15		16 5:30-6:30am Master Swim 8:15 Making Waves— Melissa 9:30 Making Waves— Gina 10:30* Gentle Wave— Gina 11:30* Yoqua— Melissa 1:00 Aqua Fit— Gina **2:00 Pool Pleasures-Gina 5:30 Aqua Deep—Melissa	17 8:45* Gentle Wave— Gina 9:30* Aqua Party -- Gina 10:30 Aqua Deep— Gina 11:00-3:00 Warm Water Pool Adult Swim & Sentara RMH Rehab only	18 8:15* Aqua Party -- Carly 9:30 Making Waves— Carly 10:30* Gentle Wave— Nancy 1:00 Aqua Fit— Nancy **2:00 Pool Pleasures—Nancy 5:30 Aqua Deep— Nancy 6:30-7:30pm Master Swim	19 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	20 5:30-6:30am Master Swim 8:15 Making Waves— Heather 9:30 Making Waves— Carly 10:30* Gentle Wave—Carly 1:00 Aqua Fit— Nancy **2:00 Pool Pleasures-Nancy 4:30 Aqua Deep — Melissa	21 8:30* Lava Flow Yoqua—Nancy 9:30* Aqua 45— Nancy																				
22		23 5:30-6:30am Master Swim 8:15 Making Waves— Melissa 9:30 Making Waves— Gina 10:30* Gentle Wave— Gina 11:30* Yoqua— Melissa 1:00 Aqua Fit— Gina **2:00 Pool Pleasures-Gina 5:30 Aqua Deep—Nancy	24 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	25 8:15* Aqua Party—Carly 9:30 Making Waves— Carly 10:30* Gentle Wave— Nancy 1:00 Aqua Fit—Nancy **2:00 Pool Pleasures-Nancy 5:30 Aqua Deep— Melissa 6:30-7:30pm Master Swim	26 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	27 5:30-6:30am Master Swim 8:15 Making Waves— Heather 9:30 Making Waves— Carly 10:30* Gentle Wave— Carly 1:00 Aqua Fit— Gina **2:00 Pool Pleasures-Gina 4:30 Aqua Deep— Heather	28 7-8am Master Swim 8:30* Yoqua— Melissa 9:30* Aqua 45—Melissa																				
29		30 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— Gina **2:00 Pool Pleasures-Gina 5:30 Aqua Deep—Melissa	AUGUST 27					AUGUST 28					AUGUST 29					AUGUST 30					AUGUST 31				
<h1>NO Classes—Pool Clean Week</h1>																											

CLASS DESCRIPTIONS

CARDIO

CARDIO STEP (M-H) A true favorite, this cardio workout will have you on and around the step in such a fun way you'll forget you're working out!! 5-10 min. may be saved for core work at the end.

ZUMBA (M-H) Let the dancing begin!! This Latin inspired class fuses international rhythms to create a one of a kind fitness party!

CARDIO/STRENGTH

TONE™ (M-H) This class uses it all! High energy instructors, fun cardio and strength choreography, and motivational music will leave you fizzing with energy!

BODYCOMBAT™ (M-H) Get ready to step onto the mat or into the ring. This martial arts-inspired kickboxing workout will get your heart pumpin'. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu.

CARDIO CORE FUSION (M-H) Core and so much more! This workout uses resistance bands, weight plates, and your own bodyweight to target and strengthen it all!!

CARDIO MUSCLE SOLUTION (CMS) (M-H) Ready to be bold? This low impact interval workout will keep your heart rate up while by combining strength and cardio exercises using a variety of equipment.

CARDIO & KETTLEBELLS (M-H) Swing your way to fitness. Hit both cardio and strength while utilizing total body movements to activate your core.

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

STEP & SCULPT (M-L) Love step but need a little strength? This class is for you. This is a combination of everything we love about step and simple muscle sculpting moves.

METABOLIC MELTDOWN (H) HIIT training at its best! 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! (30 min class)

STRENGTH

BODYPUMP™ (M-H) LesMills #1 format. This energy weight plated barbell class will leave no muscle untouched. High repetition and big moves boost endurance and speeds metabolism for rapid fat burn.

FIT ENCORE (L) With a focus on balance, posture, strength and stability this class is geared toward a senior population but also perfect for anyone recovering from an injury.

MUSCLE SOLUTION (M-H) Not feeling cardio? No Problem! This class will help build lean muscle and burn a ton of calories fun a variety of equipment without the cardio intervals.

TRX KETTLEBELL (M-H) Suspension training at its best! This total body workout will incorporate TRX, Kettlebell and bodyweight exercise to take your routine to the next level. (Advanced movements are involved in this class)

CYCLING

WAKE UP AND RIDE (M-H) Grab your coffee and hit the road. Enjoy an upbeat ride to high energy music with hills, drills, sprints, and lifts! A great way to start your day.

CYCLE & STRETCH (M-H) The best of both worlds. Interval spin drills for endurance, power, and speed that include time trials, climbs, sprints, and pulls for an exciting and unpredictable ride. Followed by an extended stretch that includes a cyclists favorite yoga poses. **70 minutes**

MIND/BODY

CHAIR YOGA (L) Find you Zen. Designed for a senior population or those just needing a seated option, this class will use the breath to flow through yoga poses without needing to get up and down off the floor.

GENTLE YOGA (L) Relax with a series of gentle yoga poses. This class helps improve range of motion, flexibility and strength. (ProEx friendly) Perfect for those newer to Yoga or those just looking for the perfect way to start or end their day!

TAI CHI (L) Balance your energy with this 30 minute class that brings together the mind, body & spirit as one. This is a wonderful compliment to any wellness practice. (Pro Ex friendly)

YOGA FLOW (M) Let's flow! This Vinyasa-style class links movement with breath while challenging your strength, balance and flexibility. A steady and rhythmic pace is maintained so some yoga experience may be helpful, but is definitely not required.

TRANSFORM & FLOW (M-H) Unite yoga and sport like never before! Prepare for a unique mind/body experience featuring traditional yoga poses, such as warriors, and traditional sport-influenced movements to keep beat with the latest new music.

YOGA CHALLENGE (M-H) Take your practice to the next level. You'll move beyond the fundamentals of breath, movement and alignment, by challenging your fitness with a rigorous flow to enhance stability, strength and power. Yoga experience recommended.

BARRE (M) No Dance background required. This is a total body workout that utilizes small, isometric movements, to sculpt muscles concentrating on hips, thighs, glutes, abdominals and arms on and off the barre.

PURE PILATES (M) You've heard about it and this is your perfect chance to try it. Pilates improves flexibility, builds strength, develops control and enhances endurance throughout the entire body. With an emphasis on alignment, breathing, developing a strong core, and improving coordination and balance this is a great addition to any new or existing exercise routine.

AQUATICS

AQUAFIT (M) Take your land routine to the next level. This total body water workout builds muscle, increases aerobic fitness, and improves flexibility. No swimming skills are necessary. SW

AQUA DEEP (M-H) Grab a belt and jump in! This high intensity water workout based on velocity, drag, and current is designed to burn calories and make you sweat. You'll perform sports drills and directional changes to increase resistance and shock your body into higher gear. DW

AQUA Party (M) Splash and dance your way into shape with an invigorating low impact aquatic class. This pool party gives new meaning to the words, refreshing workout. SW

AQUA 45 (M-H) Need a boost? This class will provide 45 minutes of energy filled fun. You never know what your instructor may have in store for you. Will it be dance, Will it be intervals or will it be something brand new?

GENTLE WAVE (L) This soothing warm water class incorporates gentle exercises in both shallow and deep water to improve balance, range of motion and strength. WWP (Pro Ex friendly)

MAKING WAVES (M) Ready for a challenge and a change? This class will do both through a combination of cardio intervals, core drills, strength challenges and flexibility work. All of this in addition to the impact-free benefits of water. SW

POOL PLEASURES (L) Not a morning person? This is another class designed around gentle exercises to improve mobility, gait, and balance in the warm water pool. WWP (Pro Ex friendly)

YOQUA (L) Where meditative breath and the relaxing properties of water meet. This class will help relieve stress and balance the body with a series of yoga postures in our warm water pool. (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
	 5:25am-5:55am 7:30am-8:15am	 5:25am-5:55am	 5:25am-5:55am 7:30am-8:15am 12:30pm-1pm 3:00pm-4:00pm	 5:25am-5:55am 3:45pm-4:15pm	 6:50pm-7:20pm 12:30pm-1:15pm 3:00pm-4:00pm	 10:30pm-11:30am 11:35am-12:20pm 12:30pm-2:05pm
 12:30pm-1:30pm 4:20pm-5:15pm 5:30pm-7pm	 3:00pm-4:00pm 7:35pm-8:05pm	 3:45pm-4:15pm 7:35pm-9pm	 3:00pm-4:00pm 7:40pm-8:10pm	 3:45pm-4:15pm 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!	

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

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!

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!