

Wooster Community Hospital HealthPoint Winter 2012 Aquatic Fitness Classes

Beginner

Fluid Moves: This low impact, non-rebounding, water workout is an excellent choice for persons who cannot withstand the constant repetition of rebounding in a water classes such as people with Arthritis or Fibromyalgia. The hopping, jumping, and running movements are replaced by muscle specific, precise movements performed through a full range of motion. Improve your strength, flexibility, and posture without the splash or rebound.

Deep Water Fluid Moves: A non-impact workout led in the deep water that will improve strength, flexibility, posture and cardiovascular fitness.

Beginner / Intermediate

Aqua Care: An interesting and varied workout using music to elevate mood and encourage rhythmical movement. The format uses simple choreography interspersed with more complex sections of resistance training to focus the mind. Intensity fluctuations allow older adults to enjoys some higher-intensity interludes alternating with grounded moves at a lower intensity. The goals are fun and class adherence to improve function.

Intermediate

Aqua Intense Interval: An aqua interval circuit class to challenge the cardiovascular system. Different work to rest ratios will help push past your workout plateaus. A fun and innovative class that burns many calories!

Aqua Fusion: Experience a water workout to stimulate your mind as well as your body. A variety of exercises choreographed to improve your cardiovascular and muscle strength, and flexibility in a fun 45 minute class.

Intermediate / Advanced

Aqua Jocks: Right out of the coach's handbook, this athletic class uses , sports conditioning drills, boxing techniques and much more to challenge the musculoskeletal system.



Land Fitness Specialty Classes

YOGA stretch Strength, Flexibility & Balance a classes for ALL levels. Focuses on poses and posture to improve joint range of movement, muscular strength, endurance and balance. A chair is used for seated and standing support. **SILVER SNEAKERS BASED PROGRAM**



Challenging workout focusing on your core with plenty of muscle stretching as well. Come prepared to run the room and the stairs!
***** High Intensity *****



Got 30 minutes? This express workout will give you what you need in half of the time. Come prepared to throw punches, wave ropes or toss medicine balls.

Loaded Express An express version of a weekly LOADED class.

HealthPoint
Health and Wellness
3727 Friendsville Road * Wooster, Ohio
44691 * Phone: 330-202-3300



Running, jumping, squatting, kicking and punching. This class will live up to its name. Push yourself physically and leave it all at the door.



Hypnotic Latin rhythms and easy-to-follow moves are used to create a one-of-a-kind fitness program that will blow you away.

ZUMBA GOLD: Designed for both the active older adult and first time participants.



Load, Order, Action & Determination Equal DEFINITION: A workout with true strength training principles in mind. By using full range of motion movements and varying the load, sequencing, repetitions, and integration your muscles will respond in a way like you've never seen.



Yoga is a great way to increase flexibility, strength, and ability to focus. Hatha Yoga is slow-paced stretching class with some simple breathing exercises. Vinyasa Yoga means breath synchronized movement and is a fast paced type of Yoga.



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and ball are offered for resistance, and a chair is used for seated and/or standing support. * May be covered by your Medicare Supplement plan.

Group X Intensity Meter



Tae Bo®

Punch and jab your way to a toned core and a shapely back. A variety of kicks will raise your heartbeat while toning your legs. Both high and low impact options are offered within the class. Come and push yourself to the next level both physically and mentally. Intermediate/advance



Challenging workout focusing on your core with plenty of muscle stretching as well. Saturday: Come prepared to run the room and the stairs! ****HIGH INTENSITY****



This class is will help improve cardiovascular function, muscle endurance, strength, balance and flexibility.



Strength, Flexibility & Balance a classes for ALL levels. Focuses on poses and posture to improve joint range of movement, muscular strength, endurance and balance. A chair is used for seated and standing support. **SILVER SNEAKERS BASED PROGRAM**



This class is customized to accommodate ALL participants and offers an easy to follow chair-based workout. This total body conditioning class encourages fun, fitness and friends. Designed for those just coming out of rehabilitation or participants with limited range of motion and mobility.

Winter 2012 Land Fitness Classes (Updated 1/13/2012) Eff: 1/18/2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45a - 6:30a		L.O.A.D.E.I. Shelly				
9:00a - 9:45a	 Kim	Senior Strength Fran	Cardio Fit Alma	Senior Strength Fran	 Alma	9:30-10:15 Core & More Rotational
10:00a - 10:45a	Hatha Yoga YOGA Valerie	 Fran	Hatha Yoga YOGA Valerie	 Fran	ZUMBA [®] Gold Gia	10:30-11:15 Core & More Rotational
11:00a - 11:45a	ZUMBA [®] Gia	Senior Fitness Fran	Senior Fitness Fran	Silver Sneakers: YOGA stretch Kathy	ZUMBA @ 11:45am Rotational	
12:00p - 12:30p	12:00—12:45 Shelly	Loaded Express Bootcamp Express Alma	12:00—12:45 Alma	Loaded Express Bootcamp Express Sherry	<p><u>All Land Fitness classes are FREE to members</u> Stop at the front desk 30 minutes prior to the beginning of class to pick up a pass and secure your spot.</p> <p>Not a member? See front desk to purchase a \$9.00 day pass.</p>	
12:30p - 1:00p						
3:15 - 4:00	 Wooster LAX	 Wooster LAX	 Wooster LAX	 Wooster LAX		
4:15p - 5:00p	Tae Bo [®] Alma		Core & More	ZUMBA [®] Danyel	ZUMBA [®] Danyel	
5:15p - 6:00p	L.O.A.D.E.I. Alma	Yoga Kirsten	BOOTCAMP Alma	Vinyasa Yoga Yoga Sherry	<p>\$\$ = The Time is Now Fitness Bootcamp is taught by Thad Tillison.</p>	
6:15-7:00		ZUMBA [®] Danyel		Tae Bo [®] Alma	<p>This class is not included in membership. The cost is \$9.00 per class or \$50.00 for a 10 visit punch card.</p>	
	7:30—8:15 The Time is Now Fitness Bootcamp with Thad - \$\$		7:15—8:00 The Time is Now Fitness Bootcamp with Thad - \$\$		<p>Please see front desk for questions.</p>	



MONDAY	TUESDAY	WEDNESDAY
5:45a - 6:45a: Don 9:00a-10:00a: Jennifer 4:00p-5:00p: Shelly 6:15-7:15p: Gretchen	6:45a-7:45a: Shelly 8:00a-9:00a: Jill 5:15p-6:15p: Libby	5:45a-6:45a: Katie 4:15p-5:15p: Owen 6:15p-7:15p: Jennifer
THURSDAY	FRIDAY	SATURDAY
6:45a-7:45a: Katie 8:00a-9:00a: Sherry 5:15p-6:15p: Owen	9:00a-10:00a: Shelly	8:00a-9:00a: Rotational

SPINNING classes are free to members. Stop at the front desk 30 minutes prior to the beginning of class and pick up a pass to secure your spot.

Aquatic Fitness

MONDAY	TUESDAY	WEDNESDAY
LISA Aqua Fusion: 8:00a-8:45a Fluid Moves: 8:50a-9:35a FRAN Aqua Care: 9:40a-10:25a Fluid Moves: 10:30a-11:15a Aqua Care: 11:20a-12:05p	FRAN Aqua Care: 8:00a-8:45a Aqua Fusion: 4:15p-5:00p Aqua Jocks: 5:05p-5:50p Aqua Fusion: 5:55p-6:40p Aqua Intense Interval: 6:45p-7:30p	LIBBY 8:45-9:30a: Deep End Fluid Moves
THURSDAY	FRIDAY	SATURDAY
FRAN Aqua Care: 8:00a-8:45a Aqua Fusion: 4:15p-5:00p Aqua Jocks: 5:05p-5:50p Aqua Fusion: 5:55p-6:40p Aqua Intense Interval: 6:45p-7:30p	DAWN Aqua Fusion: 8:00a-8:45a Fluid Moves: 8:50a-9:35a FRAN/ALMA Aqua Care: 9:40a-10:25a Fluid Moves: 10:30a-11:15a Aqua Care: 11:20a-12:05p	ROTATIONAL 8:45-9:30a: Deep End Fluid Moves

Aquatic Fitness Registration

Free to Members
Silver Sneakers: \$15.00 per class

Space is limited — See front desk to register