

HOCKESSIN ATHLETIC CLUB Aqua Fitness Schedule



Shaded boxes denote a paid class. These must be booked in advance with the Fitness Department.

= Paid Aqua SGPT

MONDAY		
6:00 am	Deep Water Class	Indoor Pool
8:00 am	Warm Water Walking & Strengthening	Therapy Pool*
9:00 am	Warm Water Walking & Strengthening	Therapy Pool*
10:00 am	WaterInMotion®	Indoor Pool
10:00 am	Warm Water Arthritis (WaWA)	Therapy Pool*
10:00 am	Deep Water Conditioning	Indoor Pool
11:00 am	Warm Water Power	Therapy Pool*

THURSDAY		
6:00 am	Deep Water Class	Indoor Pool
9:00 am	Warm Water Walking & Strengthening	Therapy Pool*
9:00 am	No Impact Boot Camp	Indoor Pool
10:00 am	WaterInMotion® Platinum	Indoor Pool
10:00 am	Flex & Stretch	Therapy Pool*
11:00 am	Warm Water Walking & Strengthening	Therapy Pool*
6:00 pm	ACT Strength	Catch Pool**

TUESDAY		
6:00 am	Deep Water Class	Indoor Pool
9:00 am	No Impact Boot Camp	Indoor Pool
9:00 am	Warm Water Walking & Strengthening	Therapy Pool*
10:00 am	WaterInMotion® Platinum	Indoor Pool
10:00 am	Flex & Stretch	Therapy Pool*
11:00 am	Warm Water Walking & Strengthening	Therapy Pool*
11:15 am	Aqua Freestyle	Indoor Pool

FRIDAY		
6:00 am	WaterInMotion® Strength	Indoor Pool
9:00 am	AquaTude	Indoor Pool
10:00 am	WaterInMotion®	Indoor Pool
11:00 am	Warm Water Arthritis (WaWA)	Therapy Pool*
12:00 pm	Warm Water Arthritis (WaWA)	Therapy Pool*

WEDNESDAY		
5:45 am	ACT Strength	Catch Pool**
6:00 am	WaterInMotion® Strength	Indoor Pool
9:00 am	Warm Water Walking & Strengthening	Therapy Pool*
9:00 am	Aqua Freestyle	Indoor Pool
10:00 am	Aqua Dance	Indoor Pool
10:00 am	Deep Water Conditioning	Indoor Pool
10:00 am	Warm Water Walking & Strengthening	Therapy Pool*
11:00 am	Warm Water Power	Therapy Pool*

SATURDAY		
8:15 am	Deep Water Saturday	Indoor Pool

*Limit 8 attendees in Therapy Pool. For accurate lap lane availability, please reference the lap lane schedule.

**Catch pool is the area at the bottom of the water slide in the leisure pool.

Please book your spot in a class in advance using the HAC Mobile App.
Schedule subject to change, please use HAC Mobile app for most updated schedule

Effective 1/2/2023
Schedule is subject to change.

Aquatics
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HOCKESSIN ATHLETIC CLUB Aqua Fitness Classes



FREE AQUA FITNESS CLASSES

Aqua Dance | 45 Minutes

Integrating Dance with traditional aqua fitness, this class blends it all together into a safe, challenging, water-based workout. Includes cardio conditioning, body-toning, and most of all, exhilaration beyond belief!

Aqua Freestyle | 45 Minutes

Strengthen and tone your body through an aquatics exercise program while reducing stress on your joints. This program uses aqua noodles, dumbbells, and kickboards in addition to cardio movement.

AquaTude | 55 Minutes

A fun, high-energy workout with stretching, warm up, ab work, strength training, cardio work, and deep water work. Includes some plyometrics. Best for persons without orthopedic complications who want a total-body workout.

Deep Water Class* | 45 Minutes

Suspended exercise using a floatation belt, hand buoys, and noodles. Ideal for increasing balance, coordination and aerobic fitness. For teens and adults. Water depth up to 8 feet. **When held in the outdoor pool. May be cancelled due to inclement weather.*

Deep Water Saturday | 55 Minutes

Enjoy a high-energy suspended workout with low impact in the deeper end of the pool. Using flotation devices, challenge your core and balance while strengthening your muscles. Equipment used includes flotation belts, hand buoys, noodles and gloves. The hour includes warm up, aerobics, and cool down. Appropriate for teens and adults.

Warm Water Walking & Strengthening | 50 Minutes

Enjoy the warmth of the Therapy pool while working to improve balance and joint range of motion, flexibility, and core strength. This low to no-impact class uses the resistive and assistive properties of water for a fun and enjoyable full body workout. Come on in the water is warm!

WaterInMotion® | 55 Minutes



A high-energy cross training workout without the pull that gravity plays on the body and joints, specifically the knees and back. With land-equivalent intensity,

sing-along music, and dynamic instructors, enjoy the pure fun of this water extravaganza!



New! WaterInMotion® Strength | 60 Minutes

Take advantage of the aqua environment to build muscular endurance, power, and overall tone in a workout using aqua dumbbells. Use the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power. Experience WATERinMOTION® Strength's unique choreographed formula to keep your training fresh, new, and challenging.



WaterInMotion® Platinum | 45 Minutes

A shallow-water, low-impact aqua exercise experience that offers active aging adults in the 65+ age group and/or deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.



Warm Water Arthritis (WaWA) | 55 Minutes

Warm Water Arthritis (WaWA) is designed for individuals with arthritis or other joint issues. Classes focus on flexibility and range of motion, muscular strengthening, balance and coordination, cardio-respiratory endurance, and relaxation techniques. These essential elements are addressed in a low-impact, supportive, member-focused environment.

SGPT (PAID) CLASSES

Aquatic Cross Training (ACT) Strength | 45 Minutes | \$22

Combine strength, agility, balance, and cardio, add in the water, and you're in for a splashin' good time! With a mixture of circuits, supersets, and cardio spurts, this strength focused class will certainly get your body moving. A great choice for those who want high intensity muscle work with lower joint impact, as well as those who are looking for a cross training option.

Aqua Flex & Stretch | 60 Minutes | \$25

30 minutes of exercises for building strength and muscle, followed by 30-minutes of stretching, exercises to lengthen muscles and release muscle tension. This class will leave you feeling strong and with a better sense of balance.

Deep Water Conditioning | 60 Minutes | \$25

This class is designed to help you find your inner athlete in a no-impact environment! This specific class focuses on cardio conditioning and core training. Belts are worn to allow for optimal focus on arm and leg exercises while having fun and building cardio endurance.

No Impact Boot Camp | 60 Minutes | \$25

This class will consist of 30-minutes of deep water cardio to build your cardiovascular endurance. Cardio will be followed by 30-minutes of shallow-water no-impact, full-body strength training. This class will leave you feeling strong, balanced, and ready to take on the day!

Warm Water Power | 60 Minutes

Feel more balanced, stronger, and have improved endurance with this class. Take part in cardio, core training, range of motion, and strength training exercises in the therapy pool.