

573-986-4468



HPF – CAPE

SEhealth.org/HealthPoint

AQUATIC CLASS SCHEDULE

APRIL

LAP POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
LAP POOL	8:30-9:15 AM WATER RUNNING AMY		8:30-9:30 AM AQUA 30/30 TARA		8:30-9:15 AM BARREacuda TARA/MINDY	8:30-9:30 AM H ₂ O CHALLENGE SHANNON	
				8:30-9:30 AM INTERVAL KELLY			
	4:30-5:30 DOLPHINS SWIM CLUB <i>(for kids)</i> LIFEGUARD	4:30-5:30 DOLPHINS SWIM CLUB <i>(for kids)</i> LIFEGUARD		4:30-5:30 DOLPHINS SWIM CLUB <i>(for kids)</i> LIFEGUARD			
	5:30-6:25 PM BARREacuda VARIES		5:30-6:30 PM H ₂ O CHALLENGE SHANNON	5:30-6:25PM BARREacuda TARA			
WARM POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
THERAPY POOL				□			
			11:00-11:45 AM SLOW & STEADY AMY		11:00-11:45 AM SLOW & STEADY TARA		
	1:00-1:45 PM SLOW & STEADY JEREMY	1:00-1:45 PM SLOW & STEADY CHRIS	1:00-1:45 PM SLOW & STEADY AMY		<i>Water Volleyball</i> 12:00-1:30pm	<i>Family Swim Time</i> 12 Noon-4:00p.m.	
	New!! <i>Water Volleyball</i> 12:00-1:00pm		<i>Water Volleyball</i> 12:00-1:00pm		<i>Family Swim Time</i> 6:00-8:00p.m.	<i>*Sunday Family Time</i> 1:00-3:00p.m.	

Sign Up NOW Private or Group Swimming Lessons

Please call for more information or pick up a registration/request form at the front desk!!

FRIGHTFUL WEATHER?
PLEASE CALL IN ADVANCE TO SEE IF WE ARE
OFFERING CLASSES. 573-986-4400

MOVING FOR LIFE

30 min

Intensity: Low, Warm Pool

New warm water aquatics class designed especially for pre and post joint replacement patients transitioning from rehab to fitness. HealthPoint-Cape

H2O INTERVAL

45 min

Intensity: Medium-High, Lap Pool

Discover an invigorating and energetic aqua aerobics class. The gradual progression of intensity intervals followed by recovery periods will have your body experiencing a total body workout.

H2O CHALLENGE

60 min

Intensity: High, Lap Pool

Jump in and challenge yourself! This is an ideal class for those who want to vary their resistance training and cardio workouts. H2O Challenge incorporates the use of resistance equipment along with cardio training and fun water fitness routines.

WATER RUNNING

45 min

Intensity: High, Lap Pool

Work at your own pace using the bottom of the pool for movement forward and back, as well as running and jumping for added intensity. This class focuses on cardiovascular training in the shallow end of the pool. Improves endurance and burns calories by using the resistance and currents of the water.

AQUA FUN-ADDICTS

45 min

Intensity: Medium-High, Lap Pool

This high energy aquatic class is ideal for those who want to keep things fun and fresh. This class is taught differently every time so it is constantly providing stimulus to the body. This ensures effectiveness in delivering a high energy and calorie burning class!

BARREacuda

45-55 min

Intensity: Medium-Day & High-Night, Lap pool

A ballet & pilates inspired workout for total body! Lengthen & strengthen your body through small intricate movements, full range motions, & interval work to get the heart pumping! Now add a few props & get ready to find muscles you didn't know you had in this invigorating workout! Come join us & see how the resistance of the water can be used to liquid sculpt your body in a safe, fun, low impact environment!

SLOW-N-STEADY (ARTHRITIS)

45 min

Intensity: Low, Warm Pool

For those who need range of motion exercises without any intensity. This class concentrates on joint movement. It is also designed to help relieve pain and stiffness associated with various forms of arthritis and is sure to enhance your flexibility, circulation, and relaxation.

AQUA 30 / 30

60 min

Intensity: Varies Lap Pool

Only have 30 minutes? Choose your half, Cardio or Core! or balance it out & do both! Aqua 30 / 30 is a class designed to focus on 30 minutes of cardiovascular & endurance work, directly followed by 30 minutes of BARREacuda inspired strength & stability as well as balance & coordination training. All levels are welcome

FAMILY SWIM TIME

Family swim times are included with your membership. Spend a fun-filled day with your family at HealthPoint Fitness. You and your children can swim in our warm water pool during these designated times. Family Time is for children under the age of

13. Parents are asked to stay with their children at all times.

Friday: 6:00-8:00p.m.

Saturday: 12:00-4:00p.m.

Sunday: 1:00-3:00p.m.

UPCOMING PROGRAMS:

Group Swim Lessons

\$60.00 Member \$70.00 Non-Member

Session 1

MAY 16-JUNE 8 T, TR

5:30-6:10 p.m. ~ Pre-School

6:20-7:00 p.m. ~ Beginner

Session 2

JUNE 20-JULY 18, T, TR

(No class July 4th)

5:30-6:00 p.m. ~ Water Babies

6:15-6:55 Pm. ~ Pre-School

7:00-7:40 p.m. ~ Beginner

Session 3

AUGUST 1- 24 T, TR

5:30-6:10 p.m. ~ Pre-School

6:20-7:00 p.m. ~ Beginner

**Private Swimming Lessons also available!*

To registrar, please complete a registration/request form or



WATER VOLLEYBALL

Regulation size volleyball net will be set up in the therapy pool for all to enjoy during the following times:

Monday, 12:00-1:00

Wednesday, 12:00-1:00


Friday 12:00-1:30

New Member?

Call 573-986-4468 to set up your FREE Aquatic Orientation.

*** HealthPoint Fitness CLOSED on Easter Sunday, April 16**



Yellow Light= 

Class is at risk of being removed from schedule. because of low attendance. Put on your suit, grab some friends and jump in!