

573-986-4468



HealthPoint- Cape
www.sehealth.org

Aquatic Group Fitness Schedule

LAP POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP POOL	8:30-9:15 AM AQUA CARDIO AMY		8:30-9:30 AM AQUA 30/30 TARA	8:30-9:15 AM INTERVAL KELLY	8:30-9:30 AM BARREacuda TARA	8:30-9:30 AM H ₂ O CHALLENGE SHANNON
	5:30-6:25 PM BARREacuda TARA		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	<i>Water Volleyball</i> 11:00-12:15pm		10:00-10:45 AM SLOW & STEADY AMY		10:00-10:45 AM SLOW & STEADY TARA	
	1:00-1:45 PM SLOW & STEADY LAELANI	1:00-1:45 PM SLOW & STEADY CHRIS	<i>Water Volleyball</i> 11:00-12:15pm	1:00-1:45 PM SLOW & STEADY LAELANI	<i>Water Volleyball</i> 11:00-12:15pm	* Saturday-Family Swim Time 12:00-4:00pm.
			1:00-1:45 PM SLOW & STEADY LAELANI		<i>Family Swim Time</i> 6:00-8:00p.m.	*Sunday-Family Swim Time 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 or 4468

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.

BARREacuda

55-60 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!

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.

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 CARDIO

45 min

Intensity: High, Lap Pool

This class focuses on cardiovascular training in the shallow end of the pool. It is a Challenging workout that will get your heart rate up and tone and tighten all the right areas. Improves endurance and burns calories by using the resistance and currents of the water.

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.

WATER VOLLEYBALL

Regulation size volleyball net will be set up in the therapy pool for all to enjoy during the following times:
*Mon., Wed., & Fri.
11:00am-12:15pm*

HealthPoint Fitness Learn To Swim WINTER/SPRING SESSIONS are HERE!

Session 2

March 5 – March 28, T/TR

Preschool: 5:30-6:00 p.m.

Preschool: 6:15-6:55 p.m.

Session 3

April 9 – May 2, T/TR

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

Preschool: 6:15-6:55 p.m.

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



New Member?
**Call 573-986-4468 to set
up your FREE Aquatic
Orientation.**



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!



**American
Red Cross**



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Group Swimming Lessons**
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for more information or pick up a
registration/request form at the front desk!