# Aquatic Group Fitness Schedule

**Lap Pool**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>8:30-9:15 AM</strong></td>
<td>8:30-9:30 AM</td>
<td>8:30-9:15 AM</td>
<td>8:30-9:30 AM</td>
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<tr>
<td>Aqua Cardio</td>
<td>Aqua 30/30</td>
<td>Interval</td>
<td>BarReacuda</td>
<td>TARA/AMY</td>
<td>H20 Challenge</td>
<td></td>
</tr>
<tr>
<td>Amy</td>
<td>Amy</td>
<td>Kelly</td>
<td>Tara/Amy</td>
<td></td>
<td>Shannon</td>
<td></td>
</tr>
<tr>
<td><strong>5:30-6:25 PM</strong></td>
<td>5:30-6:30 PM</td>
<td>5:30-6:25 PM</td>
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<tr>
<td>H2O Mashup</td>
<td>H2O Challenge</td>
<td>H2O Mashup</td>
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</tr>
<tr>
<td>Tracy/Amanda</td>
<td>Kristy</td>
<td>Tracy/Amanda</td>
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**Warm Pool**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>10:00-10:45 AM</strong></td>
<td>10:00-10:45 AM</td>
<td>1:00-1:45 PM</td>
<td>1:00-1:45 PM</td>
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<tr>
<td>Slow &amp; Steady</td>
<td>SLOW &amp; STEADY</td>
<td>Water Volleyball</td>
<td>Water Volleyball</td>
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<tr>
<td>Amy</td>
<td>LeiLani</td>
<td>Amy</td>
<td>April</td>
<td></td>
<td>Family Swim</td>
<td>Family Swim</td>
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<tr>
<td><strong>1:00-1:45 PM</strong></td>
<td>1:00-1:45 PM</td>
<td>1:00-1:45 PM</td>
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<td></td>
</tr>
<tr>
<td>SLOW &amp; Steady</td>
<td>SLOW &amp; STEADY</td>
<td>SLOW &amp; STEADY</td>
<td>Water Volleyball</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LeiLani</td>
<td>LeiLani</td>
<td>April</td>
<td>11:00-12:30pm</td>
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<tr>
<td><strong>Water Volleyball 11:00-12:30pm</strong></td>
<td><strong>Water Volleyball 11:00-12:30pm</strong></td>
<td><strong>Family Swim 6:00-8:00p.m.</strong></td>
<td><strong>Family Swim 1:00-3:00p.m.</strong></td>
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*Saturday-Family Swim Time 12:00-4:00pm.* *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
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

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

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.

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 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.

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.

H2O MASHUP
60 min
Intensity: High, Lap Pool
This class is a mashup of different types of aquatic exercise/classes including cardio, strength and core training. It will combine the different disciplines within the session.

WINTER GROUP Learn-to-Swim Session 2
March 2-April 2, Mon./Thur.
Water Babies: 5:30-6:00 p.m.
Preschool: 6:15-6:55 p.m.

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