



Elements at The Square

AQUATIC & LAND CLASSES

Hours

Monday-Friday | 6:30am-5pm

Saturday & Sunday | Closed

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|-------------------------------------|
| 6:30 - 9:30am Open Swim | 6:30 - 9:30am Open Swim | 6:30 - 9:30am Open Swim | 6:30 - 9:30am Open Swim | 6:30 - 9:30am Open Swim |
| 9:30 - 10:15am Stretch & Flex | 9:00 - 9:45am YogaStretch | 9:30 - 10:15am Stretch & Flex | 9:00 - 9:45am YogaStretch | 9:30 - 10:15am Stretch & Flex |
| 9:30 - 10:15am Hydrodynamics | 9:00 - 9:45am Hydrodynamics | 9:30 - 10:15am Hydrodynamics | 9:00 - 9:45am Hydrodynamics | 9:30 - 10:15am Hydrodynamics |
| 10:30 - 11:15am Hydrodynamics | 10:00 - 10:45am Circuit 10:00 - 10:45am Hydrodynamics | 10:30 - 11:15am Hydrodynamics | 10:00 - 10:45am Circuit 10:00 - 10:45am Hydrodynamics | 10:30 - 11:15am Hydrodynamics |
| 11:15am - 2:00pm Open Swim | 10:00am - 4:45pm Open Swim | 11:15am - 2:00pm Open Swim | 10:00am - 4:45pm Open Swim | 11:15am - 2:00pm Open Swim |
| 11:45am - 4:45pm Open Swim | 3:00 - 3:45pm Cardio Drumming | 11:45am - 4:45pm Open Swim | 3:00 - 3:45pm Cardio Drumming | 11:45am - 4:45pm Open Swim |
| 12:00 - 12:30pm Balance 12:00 - 1:00pm Chair Volleyball | 5:00 - 5:45pm Splash & Burn | 12:00 - 12:30pm Balance 12:00 - 1:00pm Chair Volleyball | 5:00 - 5:45pm Splash & Burn | 12:00 - 1:00pm Chair Volleyball |
| 2:00 - 2:45pm Arthritis Aquatics | | 2:00 - 2:45pm Arthritis Aquatics | | 2:00 - 2:45pm Arthritis Aquatics |
| 2:45 - 4:45pm Open Swim | | 2:45 - 4:45pm Open Swim | | 2:45 - 4:45pm Open Swim |



Class Descriptions

AQUATIC

HYDRODYNAMICS is an upbeat class for those who want to kick it up a notch! It will keep you on your toes, gets your heart pumping and activated all muscle groups. It's a great way to accomplish your cardiovascular and strengthbuilding goals while also improving your balance and flexibility. Expect few breaks and constant movement throughout the entire class, including jumping and jogging. *MODERATE INTENSITY AND FAST PACE.*

ARTHRITIS AQUATICS is for those who suffer from the effects of arthritis and/or joint stiffness. It is designed by the Arthritis Foundation to help you feel better by reducing stiffness and inflammation. The class consists of range of motion movements that target joint, skeletal, and muscular soreness and pain without putting excess strain on your joints and muscles. Low intensity movements will strengthen, stretch, and revitalize your body. *LOW INTENSITY AND SLOW PACE.*

TOTAL BODY H2O uses conditioning. water for resistance in cardiovascular endurance and muscle Strengthening exercises and fluid movements are incorporated to promote elements of flexibility and relaxation. This class is perfect for those that like a complete aquatic workout for the body and mind. Expect movement throughout the entire class and use of pool equipment including weights, paddles, and resistance bands. *MODERATE TO HIGH INTENSITY.*

SPLASH & BURN is a full body exercise class that is done completely in the water. It incorporates cardiovascular, plyometric and strength routines that will target all of the usual stubborn areas: the arms, upper back, core and the legs. *MODERATE TO HIGH INTENSITY.*

LAND

STRETCH & FLEX is designed to help open up joint range of motion through varies movements. This class is designed to help reduce tightness surrounding the joints, help increase strength, muscle endurance, and joint will be offered for safety. This class does require you to be able to get down and up from the floor, lying on your side, back, or stomach as well as sitting down in a upright position. *MODERATE TO HIGH INTENSITY.*

SILVERSNEAKERS YOGA is designed to move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of motion. Restorative exercise and final relaxation will promote stress reduction and mental clarity. *LOW INTENSITY.*

CIRCUIT is designed to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper and lower body strength with handheld weights, elastic tubing, and a SilverSneakers ball is alternated with lowimpact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Expect an active standing class with few breaks and constant movement. *MODERATE TO HIGH INTENSITY.*

BALANCE is a specialized class focusing on a variety of skills that will improve your balance and functional abilities. Each class will challenge your overall balance, coordination, flexibility, core strength, mobility, muscular endurance, range of motion, spatial awareness, hip and leg strength, walking ability, and walking confidence. Standing walking exercises, stationary balance drills, moderate agility, foot/eye coordination. Chair support will be provided for those that need it. *MODERATE TO HIGH INTENSITY*

CARDIO DRUMMING is an upbeat class that will rev up your heart. By using drum sticks and a stability ball to drum to the beat of the music. Enjoy the upbeat tempo of what cardio drumming has to offer. *MODERATE TO HIGH INTENSITY.*