



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 - 9:00am Open Swim	6:30 - 9:30am Open Swim	6:30 - 9:00am Open Swim	6:30 - 9:30am Open Swim
9:30 - 10:15am Stretch & Flex	9:00 - 9:45am Yoga Stretch	9:30 - 10:15am Stretch & Flex	9:00 - 9:45am Yoga Stretch	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	10:30 - 11:15am Hydrodynamics	10:00 - 10:45am Circuit	10:30 - 11:15am Hydrodynamics
11:15am - 2:00pm Open Swim	10:15 - 11:00am Hydrodynamics	10:30 - 11:15am Zumba Gold	10:15 - 11:00am Hydrodynamics	10:30 - 11:15am Zumba Gold
12:00 - 1:30pm Chair Volleyball	11:00am - 5:00pm Open Swim	11:15am - 2:00pm Open Swim	11:00am - 5:00pm Open Swim	11:15am - 2:00pm Open Swim
2:00 - 2:45pm Arthritis Aquatics	3:00 - 3:45pm Cardio Drumming	12:00 - 1:30pm Chair Volleyball	3:00 - 3:45pm Cardio Drumming	12:00 - 1:30pm Chair Volleyball
2:45 - 4:45pm Open Swim		2:00 - 2:45pm Arthritis Aquatics		2:00 - 2:45pm Arthritis Aquatics
		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! This class keeps you on your toes, gets your heart pumping and activates all muscle groups. It's a great way to accomplish your cardiovascular and strength-building 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 water for resistance, cardiovascular endurance and muscle conditioning. 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.*

LAND

STRETCH & FLEX is designed to work on flexibility, range of motion and increase your strength. We use the chair for some of the class to work on our cardiovascular endurance, strengthen our core and we use weights to increase our strength. You get a little bit of everything in this class!. *MODERATE INTENSITY.*

YOGASTRETCH 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 hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact 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.*

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.*

ZUMBA GOLD perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The class includes easy to follow choreography and you will definitely work all parts of the body. It encompasses all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! *MODERATE TO HIGH INTENSITY.*