

November 4, 2019 – February 1, 2020

## Water Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM	H2O Force <i>Lori</i>	Strength & Power <i>Lori</i>	H2O Force <i>Lori</i>	Strength & Power <i>Lori</i>	Strength & Power Combo <i>Lori</i>	Silver Sneakers Splash® <i>Linda</i>	
12:00PM	Silver Sneakers Splash® <i>Linda</i>	Water Resistance <i>Lori</i>	Silver Sneakers Splash® <i>Linda</i>	Water Resistance <i>Lori</i>	Hydro Fit Karen		

### Class Descriptions

#### SilverSneakers Splash® - Linda Weisburg & Mwandani

Activate your urge for variety! Splash offers lots of fun, shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

#### Hydro Fit - Karen Runyon

A blend of cardio and resistance training tools to build muscle, improve balance, burn calories, and endurance. No experience necessary. Suitable for all ages and fitness levels. Always work in your comfort zone. Have fun and get fit with water resistance.



The Cottonwood Recreation Center reserves the right to cancel or change a class if minimum participation is not met.”

#### Deep Water Jogging /H2O Force - Lori Maine

This is a combination of two great classes. **Deep Water Jogging** adds exercise combinations and training ideas to your workout that are easy to learn and perform in the deep water. The exercise program consists of waterpower exercises, resistance training, abdominal moves, kick training, and stretching. A flotation belt is supplied to all participants. **H2O Force** is designed to tone and firm muscles, burn fat and provide an awesome aerobic conditioning program. Enjoy an invigorating workout in the buoyant water, nearly gravity free.

#### Strength & Power - Lori Maine

A non-stop, incredibly challenging program designed for those who want a high-impact intensive workout. Plyometric and power movements alternate between ultra tough strengthening and aerobics. This class will improve your agility, quickness, speed, strength and coordination. Men and women of all ages welcome!

#### Water Resistance - Lori Maine

This is the perfect workout for intermediate to advanced levels. It is a non-stop, easy to follow, intense workout that maximizes resistance, which will make your body stronger, leaner and visibly slimmer. The workout starts in the lap pool area, then goes into the lazy river. Class participants only allowed in the lazy river during this class.

**Please sign in and pay at the front desk and get a number for each class.**

# Pool Hours

**November 4, 2019 - February 1, 2020 (Subject to change)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Pool Hours	7am-8pm	7am-8pm	7am-8pm	7am-8pm	7am-8pm	8am-5pm	1pm – 4pm
Adult Lap Swim	7am-10:30am 1pm-6:00pm	7am-10:30am 1pm-6:00pm	7am-10:30am 1pm-6:00pm	7am-10:30am 1pm-6:00pm	7am-10:30am 1pm-6:00pm	8am-10:30am	Closed
Adult Exercise Swim (Lap area)	10:30-11am	10:30-11am	10:30-11am	10:30-11am	10:30-11am	10:30-11am	Closed
Recreational Programing (Patrons over 18 only)	11am-1pm	11am-1pm	11am-1pm	11am-1pm	11am-1pm	10am-12pm	Closed
Recreation Swim (All patrons welcome)	7am-11am 1pm—8pm	7am-11am 1pm—8pm	7am-11am 1pm—8pm	7am-11am 1pm—8pm	7am-11am 1pm—8pm	8am—10am 12pm—5pm	1pm—4pm

During Recreational Programming hours patrons under 18 are **not** allowed in the pool area unless participating in Recreational Programming (ex. swim lessons).

- Recreation Swim (**Excludes Lap pool during lap swim and exercise hours**)

Monday - Friday: 7am -11am & 1pm-8pm

Saturday: 8am - 10am & 12pm-5pm

Sunday: 1pm - 4pm

- Adult Lap/Exercise Swim

- \* The pool is open to all patrons except for the lap lane and other areas of the pool being used by CRC classes.

- \* Lap/Exercise Swim is offered in 30 minute increments and lap swimmers must sign-up at the front desk or call day of to reserve a time.

- \* Lap/Exercise Swim is reserved for patrons 18 years of age and over.



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