

## NOVEMBER 2024 AQUATIC GROUP FITNESS

Cape Girardeau

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LAP POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 - 9:15 AM	9:00 - 10:00 AM	8:30 - 9:15 AM	8:30 - 9:15 AM	8:30 - 9:30 AM	8:30 - 9:30 AM
	<b>AQUA CARDIO</b> <i>Megan</i>	<b>DEEP CARDIO &amp; TONE</b> <i>Michelle</i>	<b>H2O MASHUP</b> <i>Amy</i>	<b>INTERVAL</b> <i>Kelly</i>	<b>BARREACUDA</b> <i>Tara</i>	<b>H2O CHALLENGE</b> <i>Varies</i>
5:30 - 6:25 PM		5:30 - 6:30 PM				
<b>H2O MASHUP</b> <i>Tracy</i>		<b>H2O CHALLENGE</b> <i>Kristy</i>				
THERAPY POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 - 10:45 AM		10:00 - 10:45 AM		10:00 - 10:45 AM	
	<b>SLOW &amp; STEADY</b> <i>Abby</i>		<b>SLOW &amp; STEADY</b> <i>Jaime</i>		<b>SLOW &amp; STEADY</b> <i>Tara</i>	
	11:00 AM - 12:30 PM		11:00 AM - 12:30 PM		11:00 AM - 12:30 PM	
<b>OPEN WATER VOLLEYBALL</b>		<b>OPEN WATER VOLLEYBALL</b>		<b>OPEN WATER VOLLEYBALL</b>		
1:00 - 1:45 PM	1:00 - 1:45 PM	1:00 - 1:45 PM	1:00 - 1:45 PM	12:45 - 1:30 PM		
<b>SLOW &amp; STEADY</b> <i>Michelle</i>	<b>SLOW &amp; STEADY</b> <i>April</i>	<b>SLOW &amp; STEADY</b> <i>Jaime</i>	<b>SLOW &amp; STEADY</b> <i>April</i>	<b>SLOW &amp; STEADY</b> <i>Varies</i>		

### PROGRAM DESCRIPTIONS

**AQUA CARDIO:** 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, tone and tighten all the right areas. Improves endurance and burns calories by using the resistance and currents of the water. *Intensity: High (45m)*

**BARREACUDA:** A ballet & pilates inspired workout for total body! Lengthen & strengthen your body through small intricate movements, full rang 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! *Intensity: Day Class - Medium & Night Class - High (55-60m)*

**DEEP CARDIO & TONE:** This deep water exercise class provides an overall workout using all muscle groups. The class incorporates a balanced workout that includes warm-up, aerobic training and cool down. Deep Cardio & Tone practices various strength, toning and flexibility stretching, without impact on joints. *Intensity: Med/High (60m)*

**H2O CHALLENGE:** 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. *Intensity: High (45m or 60m)*

**H2O INTERVAL:** 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. *Intensity: Med/High (45m)*

**H2O MASHUP:** 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. May include both shallow and deep water exercise. You do not have to know how to swim to take this class. *Intensity: High (60m)*

**SLOW-N-STEADY (ARTHRITIS):** 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. *Intensity: Low (45m)*

**NEW MEMBER?** Call 573-986-4468 to set up your FREE Aquatic Orientation.

**INTERESTED IN SWIMMING LESSONS?** Email: [jaimenoack@mercy.net](mailto:jaimenoack@mercy.net) for more information or pick up a registration/request form at the front desk.

**WORRIED ABOUT THE WEATHER?** Please call 573-986-4400 or 573-986-4468 regarding class cancellations prior to arriving.

**POOL HOURS**

Mon-Thurs: 5:00 AM - 8:30 PM

Friday: 5:00 AM - 7:30 PM

Saturday: 7:00 AM - 5:30 PM

Sunday: 11:00 AM - 5:30 PM    **THANKSGIVING POOL HOURS 7AM - 11:30AM**