

# Powell Wellness Center Aquatic Schedule January 2019

**Reminders:** There is no admittance to group exercise class 5 minutes after the class has started. During inclement weather, classes are subject to change due to instructor availability. If there is severe weather in the area, please call the facility (540-445-5406) to check on the status of the pool as it will close for lightning and/or thunder.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30–6:30am <b>Volleyball (L)</b>		5:30–6:30am <b>Volleyball (L)</b>		
6:15–7:15am <b>River Swim (R)</b>		6:15–7:15am <b>River Swim (R)</b>		6:15–7:15am <b>River Swim (R)</b>	
7:00am–12:00pm <b>Physical Therapy</b>	7:00am–5:30pm <b>Physical Therapy</b>	7:00am–12:00pm <b>Physical Therapy</b>	7:00am–5:30pm <b>Physical Therapy</b>	7:00am–12:00pm <b>Physical Therapy</b>	
	8:15–9:00am <b>Step</b> Amy (L)	8:15–9:00am <b>Cardio Deeper (I)</b> Amy	8:15–9:00am <b>Step</b> Amy (L)		7:30–8:30am <b>River Swim (R)</b>
	9:00 – 12:45pm <b>Swimming Lessons</b>		9:00 – 12:45pm <b>Swimming Lessons</b>		8:25–12:10pm Swimming Lessons
9:15–10:00am <b>Aqua Burn</b> Amy (L/I)	9:15–10:10am <b>Volleyball</b> Amy (L)	9:15–10:00am <b>Aqua Blaze</b> Amy (L)	9:15–10:10am <b>Volleyball</b> Amy (L)	9:15–10:00am <b>Aqua Zumba</b> Kaori (L)	12:00–2:00pm <b>Family Swim</b>
10:15–11:00 am <b>Fluid Motion</b> Bonnie (I)	10:15–11:00 am <b>River Moves</b> Amy (R)	10:15–11:00 am <b>Fluid Motion</b> Bonnie (I)	10:15–11:00 am <b>River Moves</b> Amy (R)	10:15–11:00 am <b>Fluid Motion</b> Bonnie (I)	
11:15am–12:00pm <b>River HIIT</b> Amy (R)	11:15am–12:00pm <b>Cardio Deep</b> Amy (I)	11:15am–12:00pm <b>River HIIT</b> Amy (R)			
	12:00–1:00pm <b>River Swim (R)</b>		12:00–1:00pm <b>River Swim (R)</b>		
2:00–2:45pm <b>Move Better</b> Sharon (I)	1:00–1:45pm <b>FitScripts</b> Whitney (I)	2:00–2:45pm <b>Move Better</b> Sharon (I)	1:00–1:45pm <b>FitScripts</b> Whitney (I)		
4:00–7:30pm <b>Swimming Lessons</b>	4:30–7:30pm <b>Swimming Lessons</b>	4:00–7:30pm <b>Swimming Lessons</b>	4:00–5:00pm <b>Adult Inner Tube (R)</b>	6:00–8:00pm <b>Family Swim</b>	
5:00–5:45pm <b>FitScripts</b> Whitney (I)		5:00–5:45pm <b>FitScripts</b> Whitney (I)		<b>SMALL GROUP TRAINING:</b> Participants must sign up and pay in advance at the Front Desk. <b>FitScripts:</b> Monday & Wednesday at 5:00pm, Tuesday & Thursday at 1:00pm <b>Aquatic personal training available.</b>	
5:30–6:15pm <b>Bata-BOOM</b> Charlsa (L)	6:00–8:00pm <b>Family Swim</b>	5:30–6:30pm <b>Boot Camp &amp; Abs</b> Charlsa (L)	5:30–6:30pm <b>Deep Water Yoga</b> Kaori		
8:00–9:00pm <b>River Swim (R)</b>		8:00–9:00pm <b>River Swim (R)</b>			
					<b>SUNDAY</b> 10:00am–12:00pm <b>Family Swim</b>

**KEY**

- River (R)
- Lap Lanes (L)
- Inner Pool (I)
- Additional Fee (\$)
- All ages welcome in the pool

1005 Golf Drive  
 Culpeper, VA 22701  
 540.445.5406  
[www.powellwellness.com](http://www.powellwellness.com)



# Aquatic Class Descriptions

**Please use caution when crossing the river to get to the therapy pool. Classes held in the river may cause the current to be stronger than normal.**

**Adult Inner Tube:** Relax floating away in our lazy river in our new inner tubes. It's a mixture of relaxation and loads of fun!

**Aqua Blaze:** A grab bag of interval training and tabata workouts with surprise suspended moves tossed in, making your body a calorie-burning machine long after class.

**Aqua Zumba®:** A mix of low-intensity and high-intensity moves in the water for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility.

**Bata-BOOM:** Non-impact, fast paced and fun! A Tabata style class using 20-second work cycles followed by 10 seconds rest. The self-paced format offers a challenging option for all ability levels, with the potential to progress.

**Boot Camp & Abs:** Interval cardiovascular exercises and strength training in the water for an intense, total-body workout. All fitness levels welcome.

**Cardio Deeper:** Intense upper/lower body workout in the deep section of the pool. Belt is required. Intermediate fitness level recommended. Class is designed for experienced pool exercisers.

**Deep Water Yoga:** Develop strength and balance with this relaxing form of aquatic exercise. Aqua yoga is a low-impact aquatic exercise, performing yoga poses in warm water.

**Family Swim:** PWC offers a safe swimming environment for families to gather for swimming. Each family swim participant should sign in at the PWC Front Desk to enter the pool. Family swim is limited to 50 participants. Please check our website for more information on Family Swim ([www.powellwellnesscenter.org/aquatics.aspx](http://www.powellwellnesscenter.org/aquatics.aspx)).

**FitScripts (\$):** Additional Fee Group Class: A physician referred program designed for those who want to exercise but many have chronic conditions or physical limitations such as obesity, diabetes, or orthopedic limitations.

**Fluid Motion:** Warm water, low intensity water class designed to help participants with joint concerns, including stiffness, arthritis, rheumatoid arthritis, fibromyalgia and/or back pain. Incorporates exercises to improve flexibility, balance, strength and joint range of motion.

**Move Better:** Focusing on your shoulders, hips and knees, this small group personal training class will improve your range of motion with gentle stretching and strengthening exercises.

**River HIIT:** A high-energy interval workout that works with and against the flow of the river. Intermediate fitness level recommended. Class is designed for experienced pool exercisers.

**River Moves:** A great introduction to water classes and the river. This class is an "at your own pace", low impact class. Using equipment, you will learn ways to walk, leap and bound through the water to increase strength and cardio endurance.

**Step:** Aquatic step adds a new challenge to every movement. Step in the water incorporates large dynamic moves that will both improve your cardiovascular endurance levels and muscle strength. The water provides the perfect safe environment for a fun, low impact step class that takes your fitness to the next level.

**Volleyball:** Low impact water volleyball. Fun for all fitness levels.