

Washington Regional Center for Exercise  
 12 E Appleby Rd Fayetteville, AR 72703  
 (479) 463-3488



## [Water Aerobics Class Schedule]

Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Silver Sneakers Splash	Aqua Power Kicks	Silver Sneakers Splash	Aqua Power Kicks	Silver Sneakers Splash
9:00	Aqua Stride, Strength, Stretch	Aqua Fit	Aqua Stride, Strength, Stretch	Aqua Fit	Aqua Stride, Strength, Stretch
10:00	Aqua Cardio Combo	Aqua Circuit	Aqua Cardio Combo	Aqua Circuit	Aqua Cardio Combo
2:00		Aqua Joints		Aqua Joints	
5:00	Water Works		Water Works		

**\*\*\* We ask that you please be respectful of our instructors and class members and keep visiting to a minimum while exercising \*\*\***

<b>Aqua Circuit</b>	A medium level class that is strength and aerobic based. Participants will break into groups and cycle through different stations in a circuit style. <b>\$20/month</b>
<b>Aqua Cardio</b>	This moderate intensity cardio/conditioning class uses various formats of interval training, circuit training, water tabata, and muscle strength training to create a total body workout with maximum benefit. A variety of water equipment will be used. <b>\$25/month</b>
<b>Aqua Fit</b>	A high-level class designed to improve endurance and aerobic fitness. This class incorporates a lot of speed work and high intensity exercises to help burn calories and challenge you. <b>\$20/month</b>
<b>Aqua Joints</b>	This class is designed for people who have joint issues and still want a little cardiovascular workout. This is a medium level aerobics class. <b>\$20/month</b>
<b>Aqua Power Kicks</b>	A 45- minute high level aerobics class that utilizes kickboards and swimming; to get a high intensity aerobic workout that improves endurance. This class is not for beginners. <b>\$25/month</b>
<b>Aqua Stride, Strength, Stretch</b>	This water walking and exercise class utilizes the wonders of our warm water pool to improve flexibility, balance, increase range of motion, and build muscle strength without stressing the bones and joints. The class is low impact, offering both shallow and deep water workout options. <b>\$25/month</b>
<b>Senior Splash</b>	Water aerobics class that focuses on range of motion, strength, and low level aerobic activity. <b>\$25/month</b>
<b>Water Works</b>	This new format offers water aerobic exercises as well as a segment on improving your swimming skills. Addressing basic breath control as well as coaching students on more efficient stroke techniques. A simple synchronized swimming routine for an end of summer finale. <b>\$20/month</b>

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## [Open Swim Times]

Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:15 a	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	CLOSED	CLOSED
6:15-7:45 a	1 Ln Lap 2 Ln Open Exercise	1 Ln Lap 2 Ln Open Exercise	1 Ln Lap 2 Ln Open Exercise (closes @ 6:45)	1 Ln Lap 2 Ln Open Exercise	1 Ln Lap 2 Ln Open Exercise (closes @ 7:15)		
11:00a- 12:00p	CLOSED	Lap Swim	CLOSED	Lap Swim	Lap Swim (11:00-1:30)	Lap Swim (10:00-12:30)	Lap Swim (1:30-3:00)
12:00- 1:00p		Open Exercise		Open Exercise			
1:00-3:00 p		CLOSED		CLOSED	Open Exercise (1:30- 4:30)	Open Exercise (12:30-3:00)	Open Exercise (3:00-4:30)
4:00-6:00		1 Ln Lap 2 Ln Open Exercise		1 Ln Lap 2 Ln Open Exercise	CLOSED	CLOSED	
6:00-7:30p		1 Ln Lap 2 Ln Open Exercise		1 Ln Lap 2 Ln Open Exercise	1 Ln Lap 2 Ln Open Exercise	1 Ln Lap 2 Ln Open Exercise	CLOSED

- Members may use both the large and small pool during open swim times.
- During the lap swim time, members may walk in the walking lane. However, the walking lane is NOT open during class or personal training times
- Lap swim is reserved to for swimming down and back in the lane. Please share lanes during times the pool is busy.