

# January 2021 WATER FITNESS CLASS SCHEDULE

**\*NO CLASSES JAN. 1\***

## **Water Fitness Guidelines**

- All participants will be required to have a temperature check before entrance into the recreation center will be granted.
- Masks are required to be worn throughout the entire recreation center except while in the pool during class. While in class social distancing must be maintained. Showers are open but are at a limited capacity for use in the locker rooms.
- Class sizes will be limited from **9 participants** due to the new executive order 72 to insure proper social distancing and physical distancing requirements set by the Governor. Reservations will need to be made to secure your spot in classes by calling into the front desk at 757-259-4200 opt. 0. **Reservations have to be made for each person attending.** (Example: Mary has to make a reservation for herself and a separate reservation for her husband, John, if he would like to attend class.)
- All participants will be required to have a valid Group Fitness Pass to the James City County Recreation Center or have a 10 tab wrist band that can be purchased at the James City County Recreation Center. Day access will not be permitted.
- **Classes will be limited 45 minutes per class so staff has time to clean and disinfect between each class.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 a.m.	Cardio Linda	Cardio Stacey	Cardio Linda	Cardio Stacey	Cardio Linda	Cardio Stacey
9:15 a.m.	Cardio Linda	Multi-Level Water Exercise Ruth	Cardio Linda	Multi-Level Water Exercise Ruth	Cardio Linda	Cardio Linda
10:15 a.m.		SilverSneakers Splash Ruth		SilverSneakers Splash Ruth		

## **WATER FITNESS CLASS DESCRIPTIONS**

### **Multi-Level Water Exercise**

A variety of stretching, toning and cardio exercises designed so everyone can work to their ability and improve Activities of Daily Living. Progressions and alternatives are offered. Try different moves and keep your body toned and burn calories while having fun. Includes targets exercises for hips, shoulders, knees and core.

### **CARDIO**

This class involves a warm-up, about 25 minutes of cardio and then an array of exercises that include toning, stretching, flexibility and of course, core. This is an overall body workout that will help increase your endurance, improve balance and leave you with a feeling of good health.

### **SPLASH / SilverSneakers®**

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.