

DR. JOHN N. BRIGGS WELLNESS CENTER

AQUATIC FITNESS OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open/Lap Swim 5:00-9:20 a.m.	Open/Lap Swim 5:00-9:20 a.m.	Open/Lap Swim 5:00-9:20 a.m.	Open/Lap Swim 5:00-9:20 a.m.	Open/Lap Swim 5:00-10:20 a.m.	Open/Lap Swim 6:30-9:20 a.m.	Open/Lap Swim 8:00-2:30 p.m.
Water Arthritis 9:30-10:20 a.m. Donna	Stretch/Balance 9:30-10:20 a.m. Keishaun	Multilevel Water 9:30-10:20 a.m. Alison	Stretch/Balance 9:30-10:20 a.m. Keishaun/ Melissa	Multilevel Water Exercise 10:30-11:20 a.m.	Stretch/Balance 9:30-10:20 a.m. Keishaun	
Multilevel Water Exercise 10:30-11:20 a.m. Donna	Multilevel Water Exercise 10:30-11:20 a.m. Keishaun	Multilevel Water Exercise 10:30-11:20 a.m. Alison	Multilevel Water Exercise 10:30-11:20 a.m. Keishaun/ Melissa	**Pool Maintenance	Multilevel Water Exercise 10:30-11:20 a.m. Keishaun	
**Pool Maintenance	Swim Lessons \$ New to Swim 5:30pm-6:15pm Melissa	AquaBody Yoga \$ 11:30-12:25 p.m. Nancy	Open/Lap Swim 11:30-5:15 p.m.	Open/Lap Swim 11:30-7:30 p.m.	Open/Lap Swim 11:30-2:30 p.m.	
Open/Lap Swim 11:30- 7:30 p.m.	Open/Lap Swim 11:30-7:30 p.m.	**Pool Maintenance	AquaBody Bootcamp \$ 5:30-6:25 p.m. Melissa			
		Open/Lap Swim 12:45-7:30 p.m.	Open/Lap Swim 6:45-7:30 p.m.			



RED: CARDIO/STRENGTH | PURPLE: FOCUSED | BLUE: OPEN SWIM | GREEN: FEE BASED CLASS

****Pool will be unavailable for 20-30 minutes during the hours of 2pm-4pm for pool service Mon/Wed/Fri. OPEN/LAP SWIM IS NOT AVAILABLE DURING WATER CLASSES. | 1 LANE MAY BE USED FOR SWIM LESSONS OR PERSONAL TRAINING DURING OPEN/LAP SWIM.**

\$ Fee based classes require advance registration. (AquaBody and Swim Lessons) See reverse side for breakdown of fees.

- Classes are subject to changes and cancellations.
- The pool is 25 meters long, has 4 lanes, and is heated to 80-84 degrees.
- When outside temperature drops below 55 degrees, Water Aerobic and Water Arthritis classes will be cancelled. Cancellations are determined 1 hour before the scheduled class.
- The pool closes 30 minutes before the facility closes.
- Please be advised that lanes for open swim are not available during scheduled class times.
- The pool will close due to inclement weather and will remain closed until at least 30 minutes after the most recent lightning strike.
- At all times, be aware of what is going on within your lane. Also, try not to kick or swing your arms into another lane.

****Classes subject to changes and cancellations.****

For additional information, please call (239) 624-2750
Visit us at: www.nchmd.org/wellness
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Aquatic Fitness Descriptions

Multilevel Water Exercise	A class with cardio, balance, strengthening, stretching, and abdominal work. This class will challenge you using more intensity and resistance.
Open Swim	This is the time for members to use the pool. This is the time for lap swimming, pool walking, pool running, and individual exercises. **Please share the pool with your fellow swimmers and observe NCH Swim Etiquette**
Water Arthritis	A class designed for individuals diagnosed with arthritis. The moves of this class are designed to increase the range of motion of the joints and help ease the pain of those who experience arthritis.
Stretch/Balance Water Exercise	This water class will focus on Yoga, Tai Chi, Ballet and Stretch in the water to improve stability and joint mobility.

\$ Fee Based Classes require advance registration

AquaBody Bootcamp, Yoga, and Pilates	Balance-and-strength based water workout that challenges you to maintain proper postural control and alignment while performing Yoga, Pilates, and Bootcamp exercises on a water fitness board.		
	FEES:	Member	Non-Member
	1-Session	\$15.00	\$25.00
	4-Pack	\$54.00	\$90.00
Swim Lessons 	Work on floating, treading water, and forward movement. (Experienced swim lessons and private lessons are available by request.)		
	FEES:	Member	Non-Member
	Group Lesson		
1-Session	\$35.00	\$50.00	
4-Pack	\$130.00	\$180.00	

To register for a fee based class, contact WellnessEnrollments@nchmd.org

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