

# Warm Water Schedule: Effective September 27, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>5:00a - 3:00p Open Swim</b>	<b>5:00a - 12:50p Open Swim</b>	<b>5:00a - 9:50a Open Swim</b>	<b>5:00a - 9:50a Open Swim</b>	<b>5:00a - 9:50a Open Swim</b>	<b>5:00a - 9:50a Open Swim</b>	<b>5:00a - 8:20a Open Swim</b>	
						8:30a - 9:20a (Rotation)	
		10:00a - 10:50a HiLoH2O	10:00a - 10:50a HiLoH2O	10:00a - 10:50a HiLoH2O	10:00a - 10:50a Fluid Moves	9:30a - 10:20a (Rotation)	
			<b>11:00a - 12:50p Open Swim</b>			<b>10:30a - 3:00p Open Swim</b>	
	1:00p - 2:00p Fluid Joints	<b>11:00a - 4:20p Open Swim</b>	1:00p - 2:00p Fluid Joints	<b>11:00a - 4:20p Open Swim</b>			
	<b>2:10p - 4:50p Open Swim</b>		<b>2:10p - 4:50p Open Swim</b>				
				<b>11:00a - 9:45p Open Swim</b>			
	3:00p - 4:20p Family Swim					3:00p - 4:20p Family Swim	
	4:30p - 5:20a (Rotation)	5:00p - 5:50p HiLoH2O	4:30p - 5:20p HiLoH2O	5:00p - 5:50p HiLoH2O	4:30p - 5:20p HiLoH2O		<b>4:20p - 7:45p Open Swim</b>
	<b>5:30p - 7:45p Open Swim</b>						
	<b>6:00p - 10:45p Open Swim</b>	<b>5:30p - 10:45p Open Swim</b>	<b>6:00p - 10:45p Open Swim</b>	<b>5:30p - 10:45p Open Swim</b>			

**Note:** New classes may be added to accomodate demand. Please watch for schedule updates.  
**Questions?** Email [cynthia@phfitness.com](mailto:cynthia@phfitness.com) or [jayme@phfitness.com](mailto:jayme@phfitness.com)

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## Class Descriptions:

**Aqua Intervals:** This class, held in the lap pool, is a high energy non-impact workout that will challenge your cardiovascular system, increase your muscular strength and build your endurance. Get a core workout from start to finish with this class full of challenging intervals. All fitness levels are welcome.

**Aqua Fusion:** This class is a unique blend of slow flowing moves focused on improving strength, balance, core, flexibility and posture with small bursts of cardio infused throughout. All fitness levels are welcome.

**Hi-Lo H20:** This class will motivate you to move at your highest intensity then recover. Have fun and shape up in this energizing class. This class will give you a total body workout. A variety of equipment is used to keep your body challenged. All fitness levels are welcome.

**Hydro Challenge:** This class will challenge participants with a combination of cardiovascular endurance, muscle strengthening, and interval training. Held in the outdoor pool, participants will be challenged throughout the depths of the pool while utilizing a variety of equipment all geared to help maximize your workout. Join us for this fun, high energy workout accompanied by a lively, upbeat playlist. All fitness levels are welcome.

**Fluid Joints:** This class is for anyone one with any type of Arthritis, Osteoporosis, Fibromyalgia, Parkinson's, Post Stroke, Post Surgery, Movement or Balance disorders. All fitness levels are welcome.

**Fluid Moves:** This class is a combination of both Aqua Fusion and Fluid Joints above. Class will adjust its format based on those participants in attendance and is open to all fitness levels.

**Rotation:** This class will be rotated among all of our instructors so the class format will rotate as well! Join us in the warm water pool on Saturday mornings, or in the outdoor pool on Sundays for an afternoon of sun, fun and fitness! All fitness levels are welcome.

**Note:** New classes may be added to accomodate demand. Please watch for schedule updates.

**Questions?** Email [cynthia@phfitness.com](mailto:cynthia@phfitness.com) or [jayme@phfitness.com](mailto:jayme@phfitness.com)