



POOL SCHEDULE

MON	TUES	WED	THUR	FRI	SAT	SUN	
Open Lanes 6:00-7:45am	Open Lanes 6:00-6:30am	Open Lanes 6:00-7:45am	Open Lanes 6:00-6:30am	Open Lanes 6:00-7:45am	Open Lanes 8:00-9:00am		
	Aqua Challenge 6:30-7:30am		Aqua Challenge 6:30-7:30am				
Aqua Arthritis 1 7:45-8:25am	Open Lanes 7:30-9:15am	Aqua Arthritis 1 7:45-8:25am	Open Lanes 7:30-9:15am	Aqua Arthritis 1 7:45-8:25am			
Water Walking 8:30-9:10am		Water Walking 8:30-9:10am		Water Walking 8:30-9:10am			
Aqua Arthritis 2 9:15-10:10am	Aqua Strength 9:15-10:00am	Aqua Arthritis 2 9:15-10:10am	Aqua Strength 9:15-10:00am	Aqua Arthritis 2 9:15-10:10am			Aqua Challenge 9:00-10:00am
Aqua Cardio Plus 10:15-11:15am	Aqua Cardio 10:15-11:00am	Aqua Cardio Plus 10:15-11:15am	Aqua Cardio 10:15-11:00am	Aqua Cardio Plus 10:15-11:15am			Open Lanes 10:00-3:45pm
Arthritis Program Class 11:30-12:15pm <i>Taught by Physical Therapy</i>	Open Lanes 11:15-2:30pm	Arthritis Program Class 11:30-12:15pm <i>Taught by Physical Therapy</i>	Open Lanes 11:15-2:30pm	Arthritis Program Class 11:30-12:15pm <i>Taught by Physical Therapy</i>			
Open Lanes 12:15-3:30pm		GeroFit Group 2:30-3:00pm <i>Taught by VA instructors (2 lanes open)</i>		Open Lanes 12:15-3:30pm	GeroFit Group 2:30-3:00 <i>Taught by VA instructors (2 lanes open)</i>	Open Lanes 12:15-3:30pm	
	Pulmonary Rehab Pool Class 3:30-4:30pm (all lanes open)	Pulmonary Rehab Pool Class 3:30-4:30pm (all lanes open)	Pulmonary Rehab Pool Class 3:30-4:30pm (all lanes open)		Pulmonary Rehab Pool Class 3:30-4:30pm (all lanes open)		
Open Lanes 4:30-6:00pm	Open Lanes 3:00-6:00pm	Open Lanes 4:30-6:00pm	Open Lanes 3:00-6:00pm	Open Lanes 4:30-8:45pm	Open Lanes 1:00-4:45pm		
Aqua Challenge 6:00-7:00pm	Aqua Challenge 6:00-7:00pm	Aqua Challenge 6:00-7:00pm	Aqua Challenge 6:00-7:00pm				
Open Lanes 7:00-8:45pm	Open Lanes 7:00-8:45pm	Open Lanes 7:00-8:45pm	Open Lanes 7:00-8:45pm				
BUILDING CLOSES AT 9:00 PM						Building CLOSES At 4:00pm	Building CLOSES At 5:00 pm
Hours of Operation M – F 6:00 a.m. – 9:00 p.m. Sat 8:00 a.m. – 4:00 p.m. Sun 1:00 p.m. – 5:00 p.m.		Pool tips and reminders: <ul style="list-style-type: none"> • Swimming is not permitted during class times, except as indicated. • Please shower before entering the pool or spa. • Please dry off before entering the locker room from the pool. • Call the Pool Hotline (660-6787) for updated announcements, including pool closings during severe weather. 					

CLASS DESCRIPTIONS

Arthritis Program Class: The class is taught by Physical Therapists to increase range of motion and flexibility of the joints. Most participants have some form of arthritis or neuromuscular pain.

Aqua Arthritis 1 Class: Building on Arthritis Program principles, this class offers an intermediate level of intensity by increasing exercise repetitions and adding a cardiovascular phase.

Aqua Arthritis 2 Class: Building on Aqua Arthritis 1, this class offers a higher level of intensity by increasing exercise repetitions and extending the cardiovascular phase.

Aqua Cardio: Water exercises to promote cardiovascular fitness. Class intensity may be modified to incorporate all fitness levels. Some jumping/rebounding is involved, however, optional. Basic to Intermediate

Aqua Cardio Plus: Water exercises to promote cardiovascular fitness and muscle strengthening. Class intensity may be modified to incorporate all fitness levels. Some jumping/rebounding is involved, however, optional. Class includes muscle strengthening and may be modified for all fitness levels. Basic to Intermediate

Aqua Challenge: Water exercises to promote cardiovascular fitness and muscle strengthening. Class intensity may be modified to incorporate all fitness levels. Some jumping/rebounding is involved, however, optional. Class includes muscle strengthening and may be modified for all fitness levels. Intermediate to Advanced

Aqua Strength: Time to TONE-UP! This class focuses on developing muscular strength and endurance by utilizing Power Buoys, Water Noodles, and other resistance equipment.

GeroFit Group: This class is taught by an instructor from the VA and is also open for all DHFC members. It is geared for members with chronic health and pain concerns and provides strength training, aerobic exercise, and water walking.

Open Lanes: Take advantage of the pool! Independent lane swimming or lane walking can yield great cardiovascular benefits. Please remember to observe proper pool etiquette and remain in your lane. At peak times, lanes may need to be shared with multiple walkers or swimmers.

Water Walking Class: Designed to enhance mobility while providing a moderate to intense cardiovascular workout. Movements may include power walking, sidestepping, jogging, and backward movement.

**** Non-members may attend any group exercise class for \$8/class or may purchase a daily guest pass for \$10. Classes with less than 5 participants on a regular basis are subject to cancellation.**

For information on other classes and services offered at the Duke Health & Fitness Center, please visit our website at www.dukefitness.org.