



POOL SCHEDULE 2012

MON	TUES	WED	THUR	FRI	SAT	SUN
Open Lanes 6:00-8:00am	Open Lanes 6:00-6:30am	Open Lanes 6:00-8:00am	Open Lanes 6:00-6:30am	Open Lanes 6:00-8:00am		
	Aqua Challenge 6:30-7:30am Angie		Aqua Challenge 6:30-7:30am Noah/Kim D			
Water Walking 8:10-8:55am Kim D/Noah	Open Lanes 7:30-9:15am	Water Walking 8:10-8:55am Erica/Carl	Open Lanes 7:30-9:15am	Water Walking 8:10-8:55am Hannah	Open Lanes 8:00-8:45am	
Aqua Arthritis 9:10-10:00am Erica	Aqua Strength 9:30-10:10am Michelle/Erica	Aqua Arthritis 9:10-10:00am Michelle/Kim D	Aqua Strength 9:30-10:10am Kim D/Carl	Aqua Arthritis 9:10-10:00am Kim T.	Aqua Challenge 9:00-10:00am Instructor rotates	
Aqua Cardio + 10:15-11:15am Kim T	Aqua Cardio 10:15-11:00am Katie	Aqua Cardio+ 10:15-11:15am Erica/Hannah	Aqua Cardio 10:15-11:00am Noah	Aqua Cardio+ 10:15-11:15am Katie		
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>	Aqua Challenge 10:30-11:30am *Starting 5/12 Instructor rotates	
Open Lanes 12:15-5:45pm		Member led group 2:30-3:00 No instructor (2 lanes open)		Open Lanes 12:15-5:45pm	Member led group 2:30-3:00 No instructor (2 lanes open)	
	Open Lanes 3:00-5:45pm	Open Lanes 3:00-5:45pm				
Aqua Challenge 6:00-7:00pm Jenna/Anna	Aqua Challenge 6:00-7:00pm Michelle/Hannah	Aqua Challenge 6:00-7:00pm Amber/Erica	Aqua Challenge 6:00-7:00pm Katie		** Instructors may vary depending on availability	Open Lanes 1:00-4:45pm
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 CLOSSES AT 9:00 PM M-F, 4:00 PM Saturday and 5:00 PM Sunday

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 Class: Building on Arthritis Program principles, this class offers an intermediate level of intensity by increasing exercise repetitions and adding a 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+: 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: Water strength training exercises focused on developing muscular strength and endurance through use of water exercise principles. Class uses various types of water equipment such as; power buoys, water noodles, tubing and other resistance equipment for this effective workout. May be modified for all fitness levels.

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 joint mobility and provide a cardiovascular workout. Range of motion exercises are incorporated into the warm up and cool down to provide a well rounded water class.

**** Non-members may attend any group exercise class for \$10/class or may purchase a daily guest pass for \$12. 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.