



Frisco Athletic Center Water Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 AM - 9:15 AM Roaring Rapids Sally - Current Channel Maximum 20		8:30 AM - 9:15 AM Roaring Rapids Sally - Current Channel Maximum 20		
	9:30 AM - 10:15 AM Water Workout Becky - Activity Pool Maximum 20		9:30 AM - 10:15 AM Water Workout Liz - Activity Pool Maximum 20		9:00 AM - 9:45 AM River Robics Lydia- Current Channel Maximum 13
	10:25 AM - 11:10 AM Low-Impact Shallow Water Becky - Warm Water Pool Maximum 12		10:25 AM - 11:10 AM Low-Impact Shallow Water Liz- Warm Water Pool Maximum 12		10:00 AM - 10:45 AM Shallow Total Fitness Lydia- Activity Pool Maximum 13
4:30 PM - 5:15 PM Arthritis & Chronic Disease Management Water Aerobics Anita - Warm Water Pool Maximum 12		4:30 PM - 5:15 PM Arthritis & Chronic Disease Management Water Aerobics Carolyn- Warm Water Pool Maximum 12			
5:30 PM - 6:15 PM Deep Water Exercise Anita - Activity Pool Maximum 15		5:30 PM - 6:15 PM Deep Water Exercise Chris- Activity Pool Maximum 15			
6:30 PM - 7:15 PM Deep Water Exercise Anita - Activity Pool Maximum 15		6:30 PM - 7:15 PM Deep Water Exercise Chris- Activity Pool Maximum 15			

Only 1 Water Aerobics participation card will be issued to each person starting 30 minutes prior to the start of the class. You will turn in your membership card to the Front Desk staff to pick up your participation card. You will be held responsible to return the participation card back to the Front Desk after the class ends. A \$5 fee will be assessed if the participation card is lost and/or not returned to the Front Desk at the time you pick up your membership card. The maximum number of participants are listed below the class instructor. Once the class reaches its maximum number of participants, you will be denied access to the class.

*Classes, times, and instructors are subject to change

revised 9/19/11

FAC Water Aerobic Class Descriptions

- **Low-Impact Shallow Water** – This class is for all ages of adults who want a low-impact, fun workout in the pool. Come on in and try jogging, frog jump, jumping jacks and cross-country skiing. Stabilize your core with amazing abdominal exercises that will strength your back. Finish the class with stretching to enhance your flexibility. **Maximum 12 – Warm Water Pool**
- **Deep Water Exercise** - Deep Water Exercise gives you the benefits of weights, aerobics and stretching all in one workout. It is a great form of cross training and an excellent way to deal with and prevent injuries. Deep Water workouts are designed to work multiple muscle groups of the upper and lower body at the same time, which can result in greater cardiovascular output, oxygen consumption and calories burned. The faster you move the more calories you will burn. You're suspended in deep-water by wearing a personal flotation belt around your waist, which leaves your body totally free to work against the resistance of the water. Your head is kept dry and out of the water, so you don't have to wash or re-style your hair or redo your make-up. **Maximum 15 – Deep end in Activity Pool**
- **Water Workout** - This class will be using the resistance of the water aerobically along with strength training. The class includes traveling moves that will take them from shallow to deep water and also use of water noodles, aqua gloves, buoys, and resistant tubing. **Maximum 20 – Activity Pool**
- **Roaring Rapids** – Students will be working against and with the current in the vortex and current channel. This can help to maximize their strength, core stability and flexibility with the use of the water and equipment. **Maximum 20 – Current Channel**
- **Arthritis and Chronic Disease Management** - This class is excellent for those of you who have physical limitations. The class takes place in 84-88 degree water that is 3 ½- 4 ½ feet deep. Regular exercise helps keep joints moving, restores and preserves flexibility and strength, and protects joints against further damage. It improves your coordination, endurance and your ability to perform daily tasks (such as walking or writing). **Maximum 12 – Warm Water Pool**
- **Shallow Total Fitness** – Enjoy a fun workout using noodles and kickboards to increase your strength, flexibility, and cardiovascular system. Appropriate for all ages. Beginners-intermediate levels welcome. **Maximum 13 – Shallow water in Activity Pool**
- **River Robics** – Beginner/Intermediate class. River workout using resistance of river for all around cardio and strength conditioning! Great class for Pre-Natal/Post Natal. **Maximum 13 – Current Channel**

All classes are included in your Frisco Athletic Center membership. Equipment is provided for you however, you are welcome to bring your own equipment to each Water Aerobics class.