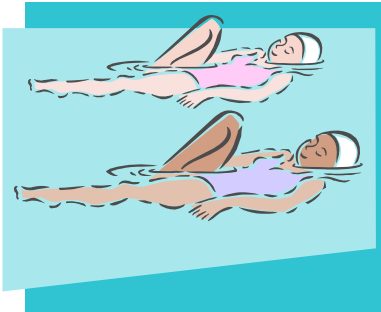


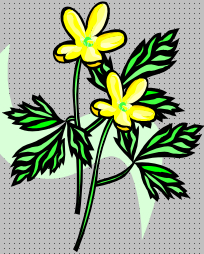


Aquatic Exercise Schedule



SPRING 2012

Effective Sunday, April 22nd

Pool Key
RP= Recreation Pool
OP= Olympic Pool
\$\$ Fee Based Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
8:00 AM						Aqua Boot Camp <i>Monica</i>				
9:00 AM	H2O Moves*- RP <i>Connie</i>		H2O Moves*- RP <i>Connie</i>		H2O Moves*- RP <i>Carol</i>	Youth Group 9:00-12:00 pm \$\$-RP				
10:00 AM	Aqua Blast-RP <i>Kim</i>	Water In Motion <i>Nicole</i>	Movin' Deep-RP <i>Kim</i>	Water In Motion <i>Taylor</i>	Aqua Blast-RP <i>Carol</i>	Recreation Pool <i>Closed During Swim Lessons</i>				
11:00 AM					Adult Swim Lessons \$\$-RP					
12:00 PM										
2:00 PM										Family Hours 2-8 pm
6:00 PM	Aqua Blast-RP <i>Carol</i>		Movin' Deep-RP <i>Rotation</i>							
6:45 PM		Water In Motion <i>Cheri</i>								
7:00 PM				Adult Swim lessons \$\$-RP						

*H2O Moves is also known as Arthritis Foundation Aquatic Program (AFAP)

for reference only

See back of schedule for class descriptions. Class Instructors may vary according to availability.
 Any questions please call (219) 865-6969.
 Omni reserves the right to alter class locations depending on class attendance.

Aquatic Class Descriptions

AQUA BLAST: Add a little more resistance and fun to your workout and try aqua blast. This class is full of energy. The heart pumping cardio and the strength training exercises will leave you feeling energized. If you are looking to improve your endurance and strength your muscles while having a little fun, then this is the class for you.
(55 min – All Levels)

WATERinMOTION: Come and try the newest aqua exercise workout! This class provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. This cardiovascular workout will tone and taper the entire body.
(60 min – All Levels)

H₂O MOVES/Arthritis Foundation Aquatics Program (AFAP): A water class designed by the Arthritis Foundation for those individuals with impaired joint strength or other physical challenges. The goal of this aquatic class is to increase the participants' range of motion for everyday living.
(45 min - Level 1)

MOVIN' DEEP: Experience a dynamic deep-water workout! Utilizing the water's resistance, develop endurance, strength, and flexibility. Floatation using belts or noodles makes this workout appropriate for even the non-swimmer. This non-impact-designed class is great for all fitness levels.
(55 min – All Levels)

AQUA BOOT CAMP: This class is a high intensity workout without putting stress on the joints. This kind of workout improves strength, cardiovascular endurance and flexibility. If you are looking to take your water aerobics workout to a higher level this would be the class for you. (55 min - Level 2)

ADULT GROUP SWIM LESSONS (18 years old and up): American Red Cross Learn-To-Swim Program. Thursdays 11:00am and/or 7:00 pm (45-60 minutes). Classes run in 6-week sessions, for current session information please see the service desk. \$\$

YOUTH GROUP SWIM LESSONS (6 months to 9 years old): American Red Cross Learn-To-Swim Program (45-60 minutes) Saturdays 9am- noon. Classes run in 6-week sessions, for current session information please see the service desk. \$\$

\$\$ - Additional fee, sign up at Service Desk.

* Each month, our group exercise class attendance will be evaluated using the Red-Light/Green-Light system. When a class attendance drops below the studio capacity of 30%, the instructor will be notified. The class then becomes a Red Light class and will be monitored for the next 60 days. If the class continues to be in the Red for a second month in a row, the class will be posted on the Member Information Board to notify members (located in the hall by the Performance Studio, next to the soda machines). If the class does not reach its target attendance and is in the Red for a third month in a row, Omni reserves the right to change or remove the class from the group fitness schedule. If you have any questions, please feel free to ask your instructors.