



M-POWER
WELLNESS CENTER

Open Swim Schedule

Monday – Friday: Please allow at least 15 minutes before AND after each class for participants to shower and change.

POOL CLOSED EVERY TUESDAY 1-3 pm

Saturday: 5 - 8:45 am and 10 am - 10:00 pm

Sunday: 5 am – 10 pm

Open Swim Etiquette

Please be mindful of others using the pool. When swimming laps, please use the lane closest to the parking lot. If you are exercising or walking across the width of the pool, please do not cross into swimmer's lanes.

Using the Radio

ONLY members who have been instructed by staff on the operation of the stereo system may use it. See Dawn at the front desk for details.

Before playing music, ask those in the area if they mind and make certain the volume is okay for everyone. If someone arrives that wants the music off, they must courteously make that request and it should be promptly turned off. If you turn music on, **turn it off** upon your departure.

Class participants ONLY during class hours.

POOL CLASS DESCRIPTIONS

Aquatic Arthritis -Designed for members with arthritis and related ailments. Joint range of motion for flexibility and strength, and low-intensity cardiovascular exercises will be taught. **Tuesday/Thursday @10:30-11:20am**

Gentle Stretch-You will be led gently through a series of movements that may increase the following: Joint range of motion, muscle strength, balance and coordination. The warm water helps to ease muscle and joint pain.

Monday/Wednesday/Friday @9:30-10:20am

Aqua Fit-Challenging, yet anyone can do it. After a fun warm-up we will ease into cardio exercises, strength and resistance, and cool down. Be ready to have fun and splash your way to improved health and strength.

Monday - Friday @8:00-8:50am

Monday/Wednesday @7:00-7:50pm

Saturday @9:00-9:50am

Strength, Balance & Endurance-Cardio interval training along with balance, posture, and core work. Utilize our pool equipment for strength and resistance. End class with stretches along with relaxing breathing.

Monday @11:00-11:50am

Wednesday & Friday @11:00-11:50am

AQUA Boot Camp-Aqua Bootcamp brings all the party fun to the pool. Inspired by Latin and International rhythms, this dance party can be done by anyone. We combine the dance party with a great circuit training Boot Camp style workout. **Monday/Wednesday @3:45-4:30pm**

HIIT! the Water-High Intensity Interval Training in the water will give you the kick of a high intensity workout in a low impact setting. Experience a simple yet intense workout with the added resistance of exercising in water and blast away the calories! **Tuesday/Thursday @5:10-5:40pm**

LAND CLASS DESCRIPTIONS

SilverSneakers® Classic- Increase your strength, endurance and range of motion in this fun class! Exercises are done sitting or standing with support of a chair. Hand held weights, resistance tubing with handles and balls are also used. **Tuesday/Wednesday/Thursday @9:00-10:00am** **Friday @11:00am-12:00pm**

Tai Chi 1- Learn 6 basic core movements and 6 advanced extension movements. Increase balance, flexibility, coordination, and reduce stress. **Monday @11:00-11:45am**

Tai Chi 2- Novices will learn the six new movements in Tai Chi 2, while those who have already learned Tai Chi 2 will have the opportunity to fine-tune their skills and practice with others. **Wednesday @11:00-11:45am**

Chair Yoga- Learn gentle movements and mild stretches while seated. Participants may choose to stand. Enjoy health benefits such as muscle toning and stress reduction. **Monday/Wednesday @12:00-12:50pm**

Yoga- Improve your balance, flexibility, range of motion, and strength.

Tuesday/Thursday @7:00-7:50am AND 12:00-12:50pm

Monday/Wednesday @5:00-5:50pm

Circuit Blaster Come join us for a combined cardio and strength training class designed to challenge you. Any fitness level can participate in this class, but be prepared to work hard! **Tuesday/Thursday @4:30-5:00**

NEW Moves! Don't let your workouts go stale! Each class we'll teach you four new moves, with variations for all abilities and fitness levels. **Monday/Friday @1:30-2:00pm**

Four Golf This class focuses on improving your game by increasing your strength, balance, and endurance specific to golf form and technique.