

Aquatic Class Descriptions

A.F.E.P. – A recreational program for persons with arthritis, conducted in a heated hydrotherapy pool. Program participants are led through a series of specially designed exercises to help improve flexibility, strength and cardiovascular endurance.

Aqua Size - 45 minutes of water exercises for all ages. This class focuses on cardiovascular endurance, strength and flexibility.

Aqua Yoga – This class combines the gentle qualities of yoga with the ebb and flow of the water. For physical and mental relaxation, it's unsurpassable. Yoga poses which require a great deal of balance can often be achieved in the water by those who have difficulty with them on land. This 30-35 minute workout consists of Yoga, Pilates, Tai-Chi and more!

Boat Camp Water – Everything from water aerobics, circuit training, distance swimming and kick-boxing is taught during this 40 minute time slot.

Family Swim – Members may bring their children or grandchildren during this time. **The member must stay in the pool area while the child is swimming.**

Hydro Tone – Increase your strength by utilizing specially designed resistance equipment for this challenging muscular workout.

Sunrise Splash – Complete your entire workout by 7 a.m. in this fun-filled early bird workout! Class components consist of flexibility, strength, cardiovascular endurance and great fellowship.

Swim Lessons – Learn to swim or just improve your strokes with American Red Cross certified instructors. Check at the front desk or on och.org for class descriptions and lesson times.

Please shower with soap before entering the swimming pool!

All of the HealthPlex's instructors are certified in CPR and have one or more of the following certifications: American Red Cross Lifeguard; American Red Cross Aide; American Red Cross Water Safety Instructor; Arthritis Foundation Aquatic Program; US Water Fitness Instructor; YMCA Swimming Instructor.

Aquatic shoes are recommended for all water classes. Do not get in the whirlpool if you have any contradictions! (Contradictions are listed on the sign next to the whirlpool.)