



PROVIDENCE RECENTER

Water Exercise Schedule – WINTER 2017

Time	Class Name	Code	Instructor	Meets
Monday/Wednesday/Friday Start: 01/02 End: 03/31 No Class Meets: None				
7:30a-8:25a	Shallow Aerobic WE	1591182504	Janet (M) Jill (W/F)	X39
8:30a-9:25a	Deep WE	1591183001	Jim (M) Jill (W/F)	X39
10:30a-11:25a	Shallow Aerobic WE	1591182505	Jim (M) Jill (W/F)	X39
11:30a-12:25p	Shallow Arthritis WE	1591182801	Jill (M/F/W)	X39
Monday/Wednesday Evening Start: 01/02 End: 03/29 No Class Meets: None				
6:00p-6:55p	Shallow Aerobic WE	1591182506	Monica	X26
7:00p-7:55p	Adv. Shallow Aerobic WE	1591182507	Monica	X26
Monday/Thursday PM Start: 01/02 End: 03/30 No Class Meets: None				
12:30p-1:25p	Arthritis Deep WE	1591184301	Jill	X26
1:30p-2:25p	Deep Hydro Pilates	1591183101	Jill	X26
Monday/Friday AM Start: 01/02 End: 03/31 No Class Meets: None				
9:30a-10:25a	Adv. Deep WE	1591184001	Jim (M) Jill(F)	X26
Wednesday AM & PM Start: 01/04 End: 03/29 No Class Meets: None				
9:30a-10:25a	Deep Hydro Pilates	1591183102	Jill	X13
1:30p-2:25p	TABATA	1591184801	Tammy	X13
Tuesday/Thursday AM Start: 01/03 End: 03/30 No Class Meets: None				
8:30a-9:25a	Shallow Aerobic WE	1591182508	Debbie Clark	X26
9:30a-10:25a	Shallow Aerobic WE	1591183002	Debbie Clark	X26
10:30a-11:25a	Shallow Aerobic WE	1591182510	Debbie Campbell	X26
11:30a-12:25p	Shallow Arthritis WE	1591182802	Debbie Campbell	X26
Tuesday/Thursday Evening Start: 01/03 End: 03/30 No Class Meets: None				
5:50p-6:45p	Deep WE	1591183002	Jill	X26
6:50p-7:45p	Deep WE	1591183003	Jill	X26
Saturday Start: 01/07 End: 03/25 No Class Meets: None				
9:05a-10:00a	Adv. Shallow Aerobic WE	1594183701	Janet	X12
Sunday Start: 01/08 End: 03/26 No Class Meets: None				
9:05a-10:00a	Shallow Aerobic WE	1591182503	Monica	X12



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354

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Water Aerobics Class Descriptions

Aerobic Water Exercise (13-Adult)

This excellent shallow water class provides cardiovascular workout and also increases muscle tone, strength and endurance.

Arthritis Water Exercise (13-Adult)

Shallow water exercises using water's buoyancy and resistance helps improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.

Deep Water Exercise (13-Adult)

Prerequisite: Students must be able to swim 25 yds. Continuously. Take the plunge for a no-impact workout. You use a variety of deep water exercises and running techniques to get the maximum benefit from water's natural resistance.

Deep Water Hydro Pilates (13-Adult)

Prerequisite: Students must be able to swim 25 yds. Continuously. Take the plunge for a workout that is no impact! Use Pilates moves in the deep water to help you increase your range of motion, challenge and strengthen core stability and control and build abdominal and back strength, flexibility and muscle tone.

Advanced Water Aerobics (13-Adult)

Try this high-energy, cardio-intensive class that uses water resistance to give you maximum fitness benefit. This program is for the experienced water aerobics student who wants a more intense workout and for anyone who wants to cross-train or enhance overall fitness.

Arthritis Deep Water Exercise (13-Adult)

Prerequisite: Students must be able to swim at least 25 yds. Continuously. Deep water exercise can increase muscle strength, endurance and cardiovascular fitness. Exercises also provides a challenge for alignment and posture, balance and coordinated movement. All students wear a flotation device.

Tabata Shallow Water Exercise (13-Adult)

Experience a shallow water interval workout that targets the body's core by using high intensity intervals for 20 seconds, followed by a 10 second rest. This format along with the properties of the water focus on a variety of simple, yet intense exercises which help participants blast away the calories and get results. Whether Your goal is muscle tone, weight loss, or both, this class is for you.