



AquaWorks Schedule

November - December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
	Water Moves 6:45-7:30 AM Betty		Water Moves 6:45-7:30 AM Betty		
	Aqua Blast 8:00-9:00 AM Edna		Aqua Blast (deep water) 8:00-9:00 AM Kris		
Aqua Blast 9:00-10:00 AM Aletha	Aqua Blast 9:00-10:00 AM Edna	Aqua Resistance 9:00-10:00 AM Marie	Aqua Blast 9:00-10:00 AM Kris	Aqua Resistance 9:00-10:00 AM Marie	
Senior Splash 10:45-11:30 AM Aletha					
AquaAttack/ CORE Combo 12:00-12:45 PM Edna		AquaAttack/ CORE Combo 12:00-12:45 PM Edna			
Aqua Resistance 6:15-7:00 PM Tess	Aqua Resistance 5:00-6:00 PM Aletha	Aqua Zumba® 5:00 - 6:00 PM Dana	Aqua Resistance 6:15-7:00 PM Tess		

Instructors will wait on the pool deck for fifteen minutes after the scheduled start time of class.
If no participants are present at this time, the remainder of class will be cancelled.

Facility Hours

	October - April	May - September
Monday - Thursday	4:45 AM - 10:00 PM	4:45 AM - 9:00 PM
Friday	4:45 AM - 9:00 PM	4:45 AM - 8:00 PM
Saturday - Sunday	7:00 AM - 9:00 PM	7:00 AM - 8:00 PM

Kids Kove Hours

	October - April	May - September
Monday - Saturday	8:00 AM - 12:00 PM	8:00 AM - 12:00 PM
Mon, Wed, & Thurs	4:15 PM - 8:15 PM	4:15 PM - 8:15 PM
Tuesday & Friday	4:15 PM - 7:45 PM	4:15 PM - 7:45 PM
Sunday	10:30 AM - 1:00 PM	Closed

Please note that all program areas close 15 minutes before the facility.

For more information please contact Kyron Cauldero, Aquatics Manager,
at kcauldero@nracentre.com or 715-243-0850.

Class Descriptions

All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. Regardless of ranking, all classes can be modified to meet the needs of the participants.

Aqua Attack/CORE Combo (2.5): An energizing, powerful, uplifting and a fun effective way to burn calories and tone your muscles. Cardio movements will include kickboxing and other aerobic moves while emphasizing a strong focus on your CORE (abdominals, posture, vertebrae and buttocks).

Aqua Blast (2.5): A total low impact aerobic workout using both shallow and deep water; abs, light strength work and stretching. Open to all levels of fitness and swimming experience.

Aqua Resistance (2): Similar to a resistance band strength class, but in the water and without the bands. This class is great for building strength and tone muscles. Open to all abilities.

Aqua Zumba® (2): Bringing the Latin dance vibe to this “pool party.” A workout for all ages that burns 2-4 times the amount of calories compared to land Zumba®. It is geared for everyone including all abilities and all fitness levels. This highly rhythmic form of water aerobics is all about cardio, along with the natural resistance of the water.

Senior Splash (1): Activate your aqua urge for variety! Senior Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

Water Moves (1.5): The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from an injury, or pregnant.

Ages 12-14 must have an adult with them to participate in class, at the instructor's discretion.