



# AquaWorks Schedule

January - March 2018

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

**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.