

## AQUATICS SUMMER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	<b>Gentle Aerobics</b> WHITNEY Therapy Pool	<b>Gentle Aerobics</b> STACY Therapy Pool	<b>Gentle Aerobics</b> WHITNEY Therapy Pool	<b>Gentle Aerobics</b> SCOTT Therapy Pool	<b>Gentle Aerobics</b> WHITNEY Therapy Pool	
9am	<b>Aqua Fit</b> WHITNEY Lap Pool		<b>Aqua Fit</b> WHITNEY Lap Pool	<b>Intermediate Aqua</b> SCOTT Therapy Pool	<b>Aqua Fit</b> WHITNEY Lap Pool	(8:30-10:00a) <b>Aqua Fit</b> LISA Lap Pool
10am	<b>Intermediate Aqua</b> WHITNEY/STACY Therapy Pool	<b>Aqua Zumba</b> MESHA Lap Pool	<b>Intermediate Aqua</b> LISA Therapy Pool	<b>Aqua Zumba</b> MESHA Lap Pool	<b>Intermediate Aqua</b> WHITNEY Therapy Pool	<b>Int. Aqua</b> LISA Therapy Pool
11:00 AM	<b>Aqua Zumba</b> WHITNEY/MESHA Lap Pool	(11-11:45a) <b>Yagua</b> MARCI Therapy Pool	<b>Gentle Aerobics</b> LISA Therapy Pool		<b>Gentle Aerobics</b> WHITNEY Therapy Pool	
4:30 PM				(4:30-5:30p) <b>Gentle Aerobics</b> LAURA Therapy Pool		
5pm						
5:30 PM	(5:30-6:30p) <b>Intermediate Aqua</b> SCOTT Therapy Pool	(5-6p) <b>Gentle Aerobics</b> Laura Therapy Pool			(5:30-6:30p) <b>Intermediate Aqua</b> LISA Therapy Pool	
6pm						
6:30pm	(6:30-7:30p) <b>Aqua Zumba</b> ANNA Lap Pool	(6-7p) <b>Aqua Fit</b> LAURA Lap Pool			(6:30-7:30p) <b>Aqua Fit</b> LAURA Lap Pool	
7pm						

## **AQUATICS CLASS DESCRIPTIONS**

### **Aqua Fit: Level: Beginner, Intermediate**

High-energy cardiovascular conditioning and strength training class. Class uses hydro-tone equipment to help tone and strengthen muscles.

**This class is held in the lap pool.**

### **Aqua Zumba Level: Beginner, Intermediate**

Come to the pool party! This is the workout everyone has been waiting for! A fun and challenging aqua workout set to Latin and international music. Participants are encouraged to make the movements their own and may adjust the intensity to as low or as high as they wish.

**This class is held in the lap pool.**

### **IMPORTANT MESSAGE REGARDING AQUA FIT & AQUA ZUMBA**

Aqua Fit and Aqua Zumba are held in the lap pool in keeping with American College of Sports Medicine guidelines for exercise. BCHI offers classes for every level of exercise.

If participants find the lap pool temperature uncomfortable for Aqua Fit, we encourage them to try Intermediate Aqua, held in the therapeutic pool

### **Gentle Water Aerobics**

Therapeutic, increases range of motion, muscle strength and toning. Great for arthritis or other debilitating health conditions including post injury/surgical. This class enhances daily movement for improvement in joints and flexibility. Also, participant's well being and overall independence is improved.

**This class is held in the therapy pool.**

### **Intermediate Aqua Level: Beginner and Intermediate**

A mix of Gentle Aerobics and Aqua Fit, this class offers light aerobic activity balanced with resistance training, using hydro-tone equipment, noodles, and even a kickboard. It is a great step up in intensity while still soothing on the joints.

**This class is held in the therapy pool.**

### **Yagua**

A fusion class of yoga, toning and stretching to increase flexibility and muscular awareness.

**This class is held in the therapy pool.**

**Botsford Center for Health Improvement**

**39750 Grand River Ave.**

**Novi, MI 49375**

[www.botsford.org/bchi](http://www.botsford.org/bchi)

**(248) 473-3100**

**IMPORTANT: The shaded gray areas indicate open swim availability. PLEASE NOTE: The facility & pool hours are listed below.**

**Monday-Thursday 5:30 am-9:00 pm**

**Friday: 5:30 am-8:00 pm**

**Saturday: 7:00 am-4:00 pm**

**Sunday: 10:00 am-4:00 pm**

**For class cancellations or updates please call:  
BCHI'S HOTLINE NUMBER: 248-667-8495**