



North Dodge Athletic Club Pool Classes & Schedule

Monday		Instructor
6-7am	Aqua Power	<i>LP-3,17 AS-10, JP-24</i>
8:15-9:15am	Water In Motion	<i>KP-3 JG-10,17 AS-24</i>
12-1pm	Adult Lap Swim	
Tuesday		
6-7am	Aqua Power	<i>NO CLASS-4th AS-11,18, 25</i>
9-10am	Joint Effort	<i>AS-18 DL-11,25</i>
12-1pm	Adult Lap Swim	
Wednesday		
6-7am	Aqua Power	<i>LP-5,19 AS-12,26</i>
8:15-9:15am	Aqua Tsunami	<i>DL-5 JG-12 AS-19,26</i>
12-1pm	Adult Lap Swim	
Thursday		
6-7am	Aqua Power	<i>JP-6 AS-13,20,27</i>
9-10am	Joint Effort	<i>DL-6,20 AS-13,27</i>
12-1pm	Adult Lap Swim	
Friday		
6-7am	Aqua Power	<i>LP-7 AS-14,21,28</i>
8:15-9:15am	Aqua Tsunami	<i>JG-7 AS-14,28 DL-21</i>
12-1pm	Adult Lap Swim	
6-8pm	Family Swim	
Saturday		
8:15-9:15am	Aqua Power	<i>LP- 8 KP-15 AT-1,22,29</i>
Sunday		No Class

Instructor Key AS= Andrée Schmidt, LP=Lisa Pauley, AT=Angie Tiedt, DL=Diane Delozier Lahr, KP= Kari Parks, JP= Julie Pulkrabek, JG=Julie Gatens

CLASS DESCRIPTIONS

Aqua Power

This 1 hour class is designed for a great overall workout. Each class will have a short warm-up followed by 25 minutes of intense cardiovascular work, 5-9 minutes of abdominal and may include some deep water work. Classes also focus on extra upper and lower body strengthening with the use of free weights, water buoys, and noodles.

Aqua Tsunami

We're making waves!!! A high intensity cardio class with core body training and strengthening all in the water. Bands, free weights, and buoys may be used during the hour work out.

Joint Effort

Enjoy a one hour water class in a supportive liquid environment. This class is very popular with seniors and people that have arthritis, as well as those people desiring a low impact workout. This class offers less impact on joints using a variety of techniques to increase flexibility, balance and strength, as well as cardio endurance. Joint effort is fun and challenging for a variety of fitness levels.

WATERinMOTION®

The shallow water workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 60 minute water extravaganza.

