



Group Exercise Schedule: Water

Effective: February 1, 2025
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Water Wellness 8:30-9:30am Becky Warm Water Pool	Aqua Bootcamp and Boxing 8:30-9:30am Jackie / Kelly Lap Pool
H2O Hiit 9:00-10:00am Jackie Lap Pool	AQUAFIT 9:00-10:00am Kelly Lap Pool		Deep Water Blast 9:00-10:00am Jackie Lap Pool	AQUAFIT 9:00-10:00am Kelly Lap Pool	Water Wellness 9:30-10:30am Becky Warm Water Pool	
AQUAMIX 10:05-10:50am Jackie Warm Water Pool	Aqua Arthritis 10:05-10:50am Tim Warm Water Pool	AQUAFIT 10:05-11:05am Tim Lap Pool	AQUAMIX 10:05-10:50am Jackie Warm Water Pool	Aqua Stretch & Relaxation** 10:05-10:50am Kelly Warm Water Pool		
					 PLEASE SHOWER BEFORE ENTERING THE SWIMMING POOL	NOTICE  CAMERAS AND CELL PHONES ARE PROHIBITED IN THE LOCKER ROOMS
AQUAMIX 5:30-6:30pm Becky Warm Water Pool		Aqua Zumba® 5:00-5:45pm Angela W. Lap Pool				
	Water Wellness 6:00-6:45pm Becky Warm Water Pool	AQUAFIT** 6:00-7:00pm Steph Lap Pool	Aqua Yoga 6:00-6:45pm Tiffany Warm Water Pool			*New Class, Instructor or Time Change

Due to safety concerns, only class participants are allowed in the warm water pool during class times.

Class times, formats and instructors are subject to change at any time.

Jodi Ryczek: Group Exercise Director, Gurnee | Jodi.ryczek@hfit.com | 847.625.4764

Class Descriptions

Lap Pool

AQUAFIT: A total body strength, cardio and balance workout utilizing shallow and occasionally deep water. Easily adaptable for all fitness levels through high / low modifications and progressions. ****Wednesday evening AQUAFIT will utilize deep water on weeks 1, 3 and 5 and shallow water on weeks 2 and 4.**

Aqua Zumba®: A water-based fitness class that combines elements of Latin dance and aqua aerobics. This class is set to upbeat music and the resistance of the water provides a low-impact, full body workout that is easy on the joints and suits all levels! Absolutely no dance experience required.

Aqua Bootcamp / Aqua Boxing: Want to blast calories and get a stronger body? This high energy class will alternate weeks of aqua boxing and aqua bootcamp. Expect loads of variety to effectively challenge your body. Let's have fun burning calories, toning our body and keeping cool in our pools!

Deep Water Blast: This class combines elements of strength and cardio for a fun, invigorating workout held in deep water using floatation devices such as noodles or aqua belts.

Warm Water Therapy Pool

Ai-Chi: Water exercise and relaxation helps participants enjoy the water in a flowing yet powerful progression. Ai-Chi increases oxygen and caloric burn and is ideal for creating improved range of motion and mobility.

Aqua Arthritis: This class is tailored to accommodate the needs and limitations of those with arthritis, offering a gentle and therapeutic approach. It's a soothing way to stay active and manage symptoms in a supportive aquatic environment.

AQUAMIX: This class will focus on strengthening, stretching, balance and coordination, as well as improving function and mobility. Some resistance equipment may be used.

Aqua Stretch & Relaxation: Our flexibility and range of motion tends to be much greater in water than on land as water removes the push of gravity on our joints. Take advantage of that to give those muscles the stretch they deserve. ****The 2nd and 4th Friday of each month will be myofascial release.**

Aqua Yoga: Aqua yoga combines traditional yoga postures with the buoyancy and resistance of water, making movements easier and reducing stress on joints. This type of yoga develops strength, balance, and increases flexibility, and has been shown to relieve pain, anxiety, and stress.

Water Wellness: This is a great class for strengthening, toning, and stretching using full range of motion. This class is relaxing, helps to make you feel great, and follows the guidelines from the Arthritis Foundation.

Family Swim Times: Friday 5-8pm and Sunday 12-2pm.

Swim Lessons: Mondays, Tuesdays, Thursdays 4-7pm, Saturdays 9am-12pm, Lap Pool

Contact Sue Krzus at 847.625.4742 for information or to schedule your lesson.