

WATER AEROBIC CLASSES

EFFECTIVE DATE: MAY 31, 2016



MONDAY

7:30 AM Arthritis/Aerobics
8:30 AM Liquid Pilates
11:00 AM Aqua Jogging
12:00 PM Deep Water Aerobics
5:30 PM Deep Water Aerobics

TUESDAY

7:30 AM Arthritis/Aerobics
8:30 AM Liquid Pilates
11:00 AM Aqua Jogging
12:00 PM Deep Water Aerobics
12:00 PM Aqua Step

WEDNESDAY

7:30 AM Arthritis/Aerobics
8:30 AM Liquid Pilates
11:00 AM Aqua Jogging
12:00 PM Deep Water Aerobics
12:00 PM Aqua Step
5:30 PM Deep Water Aerobics

THURSDAY

7:30 AM Arthritis/Aerobics
8:30 AM Liquid Pilates
11:00 AM Aqua Jogging
12:00 PM Deep Water Aerobics
5:30 PM Deep Water Aerobics

FRIDAY

7:30 AM Arthritis/Aerobics
8:30 AM Liquid Pilates
11:00 AM Aqua Jogging
12:00 PM Deep Water Aerobics

SATURDAY

8:00 AM Aqua Step
9:00 AM Aqua Zumba

No classes on the following holiday dates:

*4th of July, Thanksgiving Day, Thanksgiving Friday,
Christmas Eve, Christmas Day, New Year's Eve,
& New Year's Day*

\$8.00 daily aerobics pass
Pool/Full Members - **INCLUDED**

*To provide the safest environment possible, the maximum class size in the fitness studio is **30** participants.
Entry is monitored by the instructor and is on a first come, first serve basis*

POOL HOURS

GENERAL SWIMMING

MON-FRI 1 PM - 9 PM
SAT 8 AM - 6 PM
SUN 1 PM - 6 PM

LAP SWIMMING

MON-FRI 6 AM - 7:30 AM, 10:30 AM - 9 PM
SAT 8 AM - 6 PM
SUN 1 PM - 6 PM

BODENHAMER
CENTER



310 West 19th Avenue 251-968-1420
www.gulfshoresal.gov/bodenhamer

Fun • Family • Fitness



AQUA JOGGING

This is a one hour class for all fitness levels. The class is held in the deep end of the pool and flotation belts are provided for the participants. The class involves timed intervals of jogging, running and sprinting designed to increase heart rate and facilitate calorie burn. Members are encouraged to “ease” into this class, either by participating for a short amount of time and gradually increasing the time spent in class or, by joining in and just going at their own pace. Just getting in and moving is the key, we are all at different fitness levels but all participants will notice the benefits of this class almost immediately increased endurance, flexibility and toning.

AQUA STEP

A High impact class in a low impact environment. This class is a combination of cardio and strength. The focus will be to get your heart rate up, work your abs and challenge your lower body muscles.

AQUA ZUMBA

Known as the Zumba “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

DEEP WATER CLASSES

This class takes place in deep water and is designed for people with Fibromyalgia and other related conditions, as well as sedentary adults who are generally de-conditioned and cannot endure sustained activities. It offers exercises to improve one’s overall functions and performance of daily tasks, mobility, flexibility and strength, along with balance coordination.

LIQUID PILATES

This is a one hour class for all fitness levels. The class is held in the deep end of the pool and flotation belts are provided by the facility but not mandatory. This class is based on Joseph Pilates own format of traditional pilates moves as well as some yoga. This class focuses on core strength, body mindfulness and control, and balance. Different tools are used such as aqua noodles, hand weights, kick boards and balls-all used to challenge our core muscles and body control in different ways. Participants should start to feel the changes, and the confidence, in their bodies after about 2 weeks so give it a try and stick with it- you won’t be disappointed!

WATER AEROBICS

Our program is designed to meet the diverse needs of the general populations typically attracted to group exercise classes. This fun and exciting program is designed to improve one’s cardiovascular endurance, muscular strength and endurance, flexibility and range of motion.

WATER ARTHRITIS PROGRAM

This is a shallow water class designed for people with arthritis and other related conditions as well as sedentary adults who are generally deconditioned and cannot endure sustained activities. This program includes exercises to improve the participants overall functions and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination.

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