

Aquatic Class Descriptions & Information

- ALL INSTRUCTORS RESERVE THE RIGHT TO MAKE NECESSARY CHANGES TO MEET THE NEEDS OF THE CLASS
- Lane lines will remain in the lap pool but only in Lanes 4 and 5. Lanes 1-3 will be available for first-come, first-serve open swim, and water aerobics classes.
- The spa capacity maximum of 3 persons.
- Please arrive to class on time.
- Please inform the instructor of any limitations before class
- Please be courteous to others & limit your talking during class.
- Instructors and classes are subject to change.
- Class with low attendance will be evaluated every month.
- Don't forget your water!!!!

If you are interested in group or private swim lessons please inquire at the Reception Desk for upcoming dates/times and session information.



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CLASS DESCRIPTIONS

- **Aqua Intervals (45 min)** Not everyone can participate in land-based interval training, for a host of reasons, including chronic pain, obesity or injury. In these situations, the buoyancy and support of the water, coupled with a variable-speed underwater, can be the right modality for many who would otherwise not tolerate high intensity activity. Bursts of intense training are sandwiched between short rest periods and repeated for 15 minutes making this class fun and a great workout!
- **\$ BPM (60 min)** BPM is a total fitness program consisting of twice weekly exercise sessions with a certified Movement Disorder instructor. *Pre-registration required for BPM.
- **Joint Action (45 min)** Warm water exercises to keep joints moving and improve flexibility, strength, coordination, endurance and mobility for individuals with arthritis, fibromyalgia or other musculoskeletal problems. Also, a great class for athletes recovering from injuries. This class is held in the therapy pool. It is also a designated Silver & Fit exercise class.
- **S'WET (45 min)** Designed to build muscle and challenge coordination and reaction time, this class has a constantly changing environment to push intensity to the next level.
- **Movement Matters (45 min)** Exercises to increase endurance, strength, and flexibility. Held in the lap pool, this class is for all levels depending upon your personal motivation and push for intensity.
- **Water Works (60 min)** A fun and energetic class that is great for all levels! An array of equipment will be used to increase strength and build endurance all while having fun in the water. A great class for cardio not on land.
- **Yo Pi Chi (60 min)** A low-impact class combining the principals of Yoga, Pilates, and Ai Chi in a warm water environment to increase range of motion, muscular flexibility, and joint integrity.

FAMILY SWIM

Members may bring children ages 2-11 to the pool areas during the designated times. Members over the age of 12 may use either pool at any time during operating hours. Please refer to the policy listed in the pool area for more details.

Lap Pool Family Swim Times:

- Monday-Friday, 8:00 a.m. - 8:30 p.m.
- Saturday, 8:00 a.m. - 4:30 p.m.
- Sunday, 1:00p.m. - 4:30 p.m.

Therapy Pool Family Swim Times:

- Not available during the week, Saturday and Sunday, 1:00 p.m.-4:30 p.m.

PHYSICAL THERAPY

Members 12 and older may use the therapy pool anytime, but the jets will not be running during physical therapy sessions.

Physical Therapy Times:

- Monday & Wednesday, 8:20 a.m. - 4:30 p.m.