

W.O.W.

Work-Out in Water at the Healthplex

Benefits of Water Exercise

Exercising in water provides the opportunity to perform movements that may be difficult out of the water. The buoyancy takes pressure off joints allowing for a gentle way to exercise. The warm water provides a calming effect on the muscles.

The special features in our Vision Aquatics therapeutic pool allow for progressions in the exercise intensity. Stretching and toning exercises and low impact aerobic exercising enables individuals to increase flexibility, improve balance, strengthen muscles and enhance physical fitness.

The therapy pool is heated for warm water exercise. The pool will handle up to four participants, so class size is limited to a very small group to allow for specialized instruction. Locker rooms with showers are located adjacent to the pool. There is a lower level parking lot so you can enter close to where the pool is located.

Classes are offered for members only.

MEMBER COST:

\$180 per quarter in full or \$60/monthly EFT

W.O.W. Personal Training:

This is personal training sessions but in the water with one of our exercise specialists for 30 or 60-minute sessions. Your program will be individualized to meet your needs whether needing sports specific training, general conditioning or continuation of recovery from an injury or illness. Visit with our membership office to find out a time and package that meets your needs.

Class Description

W.O.W. is a 45-minute class that performs cardiovascular conditioning, muscle strengthening and flexibility training in the water. The class addresses all major joints and muscles of the body. You will use the water and special resistance devices to increase the intensity of the workout to meet your needs. This class is ideal for beginners, those with arthritis, fibromyalgia, post joint replacement or surgery and those that need the special feature of the non-weight bearing setting due to chronic pain or joint disease.

Class size is limited.

You must register to participate!
No refunds or make-ups for missed classes. You must attend at scheduled class time.



Sam B. Cook
HEALTHPLEX

Capital Region Medical Center

Better. Every day.

Work Out in Water Class Schedule

Therapy Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	7:00 AM		W.O.W.		W.O.W.	
	8:00 AM	W.O.W.	W.O.W.	W.O.W.	W.O.W.	
	9:00 AM	W.O.W.	W.O.W.	W.O.W.	W.O.W.	
	10:00 AM	W.O.W.	W.O.W.	W.O.W.	W.O.W.	
	11:00 AM	W.O.W.	W.O.W.	W.O.W.	W.O.W.	

Class Time

- You are enrolling and paying for a certain class time for an entire month.
- Each class will have 45 minutes of pool time.
- The instructor will start the class approximately 5 minutes after the hour and end the class 10 minutes prior to the next class time.
- If you arrive early, you may wait in the hallway outside the pool.
- You will be signed up for the entire month. Please give us a month notice if you wish to drop from the class time that you have enrolled in.

Inclement Weather Policy

- If the Jefferson City Public Schools are closed due to inclement weather, all group fitness classes are cancelled up through 9:00 a.m.
- If we CLOSE the facility due to weather, we will post on social media and send out Email/SMS text.

Benefits of Exercise in Water:

- Low impact on your joints
- Great cardiovascular exercise
- Allows you to move through a full range of motion
- Warm water is soothing to joints and muscles
- Water serves as resistance for strength training too

Reminders:

- Must be a member to participate in the WOW classes.
- Please bring your own towel and lock for lockers.
- Pool is located on lower level of Healthplex.
- Locker rooms and showers are located right off the pool area.
- Wear footwear to and from pool area. Dry off before leaving pool area.
- Classes meet two times per week.
- No refunds or credits for missed classes or partial sessions attended.



Sam B. Cook
HEALTHPLEX
Capital Region Medical Center

Better. Every day.

573-632-5634 • www.crmc.org