

573-986-4468



**HealthPoint- Cape**  
www.sehealth.org

# Aquatic Group Fitness Schedule APRIL

LAP POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Pool</b>	8:30-9:15 AM AQUA CARDIO Amy		8:30-9:15 PM H <sub>2</sub> O CHALLENGE Amy	8:30-9:15 AM INTERVAL KELLY	8:30-9:30 AM BARREacuda TARA	8:30-9:30 AM H <sub>2</sub> O CHALLENGE Varies
	<p><b>THANK YOU FOR SOCIAL FITNESSING 6 FEET APART!</b> Please continue to do so, in addition to handwashing, so that we can continue to stay open, stay together and stay healthy!</p>					
	5:30-6:25 PM H2O MASHUP TRACY/AMANDA		5:30-6:30 PM H <sub>2</sub> O CHALLENGE KRISTY			
WARM POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Therapy Pool</b>	Water Volleyball 11:00-12:30pm		10:00-10:45 AM SLOW & STEADY Amy		10:00-10:45 AM SLOW & STEADY TARA	
	1:00-1:45 PM SLOW & STEADY TABATHA	1:00-1:45 PM SLOW & STEADY April	Water Volleyball 11:00-12:30pm	1:00-1:45 PM SLOW & STEADY April	Water Volleyball 11:00-12:30pm	<p><i>* Schedule is subject to change based on the safety of our staff and members. Any changes will be posted on Facebook, SMS or our app.</i></p>
			1:00-1:45 PM SLOW & STEADY <i>New!</i> Tabatha			
<p>If you have questions or need additional assistance, please call us at (573) 986-4444 or contact us online at: <a href="https://www.sehealth.org/wellness/fitness/contact-us">https://www.sehealth.org/wellness/fitness/contact-us</a></p>					<p><b>FRIGHTFUL WEATHER?</b> PLEASE CALL IN ADVANCE TO SEE IF WE ARE OFFERING CLASSES. 573-986-4400 or 4468</p>	

## H2O INTERVAL

45 min

*Intensity: Medium-High, Lap Pool*

Discover an invigorating and energetic aqua aerobics class. The gradual progression of intensity intervals followed by recovery periods will have your body experiencing a total body workout.

## H2O CHALLENGE

60 min or 45 min

*Intensity: High, Lap Pool*

Jump in and challenge yourself! This is an ideal class for those who want to vary their resistance training and cardio workouts. H2O Challenge incorporates the use of resistance equipment along with cardio training and fun water fitness routines.

## AQUA CARDIO

45 min

*Intensity: High, Lap Pool*

This class focuses on cardiovascular training in the shallow end of the pool. It is a Challenging workout that will get your heart rate up and tone and tighten all the right areas. Improves endurance and burns calories by using the resistance and currents of the water.

## HP SWIM KIDS

(60min) T/TR 4:30p.m. & Sat. 11a.m.

Provides children ages 7-12 a supervised & guided opportunity to use the lap pool for fitness & conditioning purposes.. Participants are welcomed to arrive with their own workout. There will also be swim workout provided each day that can be adapted to participants. Everyone wishing to sign up must pass a prerequisite swim test on the 1st day prior to their enrollment. Fee: \$25 per month. January and February 2021

## BARREacuda

55-60 min

*Intensity: Medium-Day & High-Night, Lap pool*

A ballet & pilates inspired workout for total body! Lengthen & strengthen your body through small intricate movements, full range motions, & interval work to get the heart pumping! Now add a few props & get ready to find muscles you didn't know you had in this invigorating workout! Come join us & see how the resistance of the water can be used to liquid sculpt your body in a safe, fun, low impact environment!

## SLOW-N-STEADY (ARTHRITIS)

45 min

*Intensity: Low, Warm Pool*

For those who need range of motion exercises without any intensity. This class concentrates on joint movement. It is also designed to help relieve pain and stiffness associated with various forms of arthritis and is sure to enhance your flexibility, circulation, and relaxation.

## NEW!!! PADDLEBOARD YOGA

Stand-up Paddleboard Yoga (SUP Yoga) is a great way to improve balance, gain core strength and enhance focus.

Practicing yoga on a stand-up paddleboard brings a whole new perspective to being fully present in the moment. Every class is uniquely different with a series of yoga poses, play time and relaxation. Small group classes will meet at 4pm in lap pool on April 16 6p, April 25 4p, May 9 4p & May 30 4p

**\$25 per session with a minimum of 2 participants (8 max)**

## H2O MASHUP

60 min

*Intensity: High, Lap Pool*

This class is a mashup of different types of aquatic exercise/classes including cardio, strength and core training. It will combine the different disciplines within the session.

There is no evidence to suggest recreational pools and hot tubs can spread the coronavirus, the Centers for Disease Control and Prevention has stated. Proper maintenance and disinfection— such as the use of chlorine and bromine — should remove or inactivate the virus that causes COVID-19, the CDC says.

However, being around other people using the pool and its amenities is a different concern. We ask all members, staff and guests to continue proper hand hygiene, respiratory etiquette, and maintain at least 6ft distance between others.

*Please Note: There have been some adjustments made to the schedule in order to help us safely serve our members during this time.*

1. Classes/ Pools will be limited to a number of people in which 6ft spacing can be achieved.
2. Lap pool- lane use will be limited to 1 hour limit.
3. Family Fitness Time will not be available until further notice.

## WATER VOLLEYBALL

Regulation size volleyball net will be set up in the therapy pool for all to enjoy.

**New Member?**

**Call 573-986-4468 to set up your FREE Aquatic Orientation.**

**Now offering Private Swimming Lessons**

**Please call 573-986-4468 for more information or pick up a registration/request form at the front desk!!**

## Health Point Fitness Learn-to-Swim Program

Spring 2021

**We will be evaluating the situation with COVID and hope to add more sessions as risk level of COVID-19 drop in the community.**

**\$60 Members**

**\$70 Non-Member**

March 16-April 8

**Tuesdays & Thursdays**

**Preschool: 5:30-6:00p.m. (max 3 participants)**

**Preschool: 6:30-7:00p.m. (max 3 participants)**

April 20-May 13

**Tuesdays & Thursdays**

**Water Babies 5:30-6:00p.m. (max 5 participants)**

**Preschool: 6:30-7:00p.m. (max 3 participants)**







