

# Charles R. Drew Wellness Center

## August 2013 Water Aerobics Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:45-6:30 am</b> Deep Water Edwin <b>NEW TIME</b>					
<b>7:00-8:00 am</b> Water Aerobics	<b>9:30 – 10:30 am</b> <b>Aqua Zumba</b>				
<b>11am – 12 pm</b> Independent Deep					
<b>12:30-1:30 pm</b> Aqua Fit Chris	<b>12:30-1:30 pm</b> Aqua Flow Pat	<b>12:30-1:30 pm</b> Aqua Fit Chris	<b>12:30 - 1:30 pm</b> Aqua Flow Pat	<b>12:30-1:30 pm</b> Aqua Fit Chris	
	<b>5:30 – 6:30 pm</b> Water Aerobics Veronica		<b>5:30 – 6:30 pm</b> Water Aerobics Veronica		
<b>7:00-8:00pm</b> Water Aerobics Edwin	<b>7:00-8:00pm</b> Water Aerobics Edwin	<b>7:00-8:00pm</b> Water Aerobics Edwin	<b>7:00-8:00pm</b> Water Aerobics Edwin		

### Class Descriptions

**Deep Water Aerobics** - A no impact workout! This class is for anyone who is comfortable in the deeper water and wants to challenge their muscles in a new way.

**Water Aerobics** – A shallow water workout uses a variety of exercises to create resistance, improve cardiovascular fitness, muscular endurance and flexibility. Each instructor uses creativity to keep the class fun and full of energy. Participants can work at their own pace.

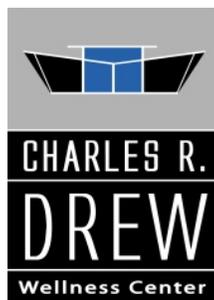
**Aqua Fit** – Workout to fun, aerobic routines. This high energy low impact cardiovascular workout is great for anyone. SHALLOW END

**Aqua Flow** - A mid-level intensity class improves cardiovascular conditioning and muscular endurance. Balance, flexibility, and strengthening exercises make this class ideal for protecting lower limb joints and relieving arthritis pain and stiffness.

**Aqua Zumba®** - A “pool party” workout for all ages!! A challenging water based workout. This is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style!

**Don't forget your towel! Rubber-soled aquatic shoes are highly recommended for all classes, not only for your safety, but also for proper form and technique.**

**2101 Walker Solomon Way Columbia, SC 29204 803.545.3200**  
[www.drewwellnesscenter.com](http://www.drewwellnesscenter.com)



## Charles R. Drew Wellness Center August 2013 Lap & Recreational Swimming Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am – 9pm Lap Swim	5:30am- 9pm Lap Swim	5:30am-2pm Lap Swim	5:30am-9pm Lap Swim	5:30am-2pm Lap Swim	8am – 6pm Lap Swim	2pm – 6pm Lap & Recreational Swim
11 am – 12:30 pm Recreational Swim						
<b>Pool Closed 2pm-3pm</b>	1:30-4:30pm Recreational Swim	<b>Pool Closed 2pm-3pm</b>	1:30-4:30pm Recreational Swim	<b>Pool Closed 2pm-3pm</b>		
3 – 4:30pm Recreational Swim		3 – 4:30pm Recreational Swim		3 – 8pm Recreational Swim		
3 – 9pm Lap Swim		3 – 9pm Lap Swim		3 – 8pm Lap Swim		

**Swim Team Practices**  
 Drew Wellness Sharks Team Practice M/W/F 4:15 – 5:45 pm and Sat 9 – 11 am.  
 Greenview Swim Team T/TH 4:30 – 5:45 pm; M/W/Th 7:30 – 8:45 pm and Sat 11:30 am – 2:30 pm