













## January Aqua Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM		DEEP Intensity  Edwin		DEEP Intensity  Edwin		
7:00 AM	Aqua Fit Christie		Aqua Fit Christie		Aqua Flow Pat ●	
9:30 AM						 Kaarina/Lisa
11:00 AM		DEEP Water Dynamics  Pat		DEEP Water Dynamics  Pat		
12:00 PM	Body Splash Jessica ●		Body Splash Jessica ●		Body Splash Jessica ●	
5:45 PM		Body Splash Jessica		 Lisa		
6:45 PM	Cardio Waves Edwin		Cardio Waves Edwin			Updated 12-22-17

*Rubber-soled aquatic fitness shoes are highly recommended for shallow water classes for your safety and proper form. Classes are subject to change without notice due to instructor availability. Don't forget your water bottle and towel*

● = 60 min

### Class Descriptions

*Classes are 45 minutes unless specified*



= DEEP Water

**Body Splash** - This shallow water workout will torch some serious calories against the water's resistance but feels like dance and play! All levels welcome.

**Deep Water Dynamics** - This DEEP water class is geared to train your cardiovascular system as well as give you a total body workout with NO IMPACT! Great for **PRE-NATAL EXERCISE!!** Low to moderate intensity. Floatation belts are worn the class is slow paced and easy for beginners to become comfortable in deep water exercise

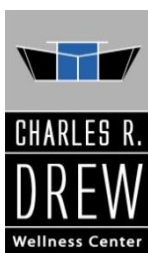
**Deep Intensity** - Wake up to this invigorating DEEP water workout! Challenge your body to new levels with no impact and high intensity cardio workouts. All levels welcome to work at your own pace. Great for **PRE-NATAL EXERCISE!!**

**Cardio Waves** - This highly energetic shallow water fitness class will get your heart pumping with non-stop cardio fun! Improve cardiovascular fitness, muscular endurance and flexibility. Participants can work at their own pace.

**Aqua Fit** - Workout to fun, aerobic routines in shallow water. This high energy low impact cardiovascular workout is great for anyone!

**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. Shallow Water

**Aqua Zumba®** - It's 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! Shallow Water



## Charles R. Drew Wellness Center Pool

2101 Walker Solomon Way  
Columbia, SC 29204 (803) 545-3200  
columbiasc.net/drew-wellness

### January Lap & Recreational Swimming Schedule

	Lap Swimming <i>Lanes 4-8</i>	Independent DEEP WATER Exercise <i>Lanes 1-3</i>	Recreational Swimming <i>Lanes 1-3</i>
<i>Monday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Tuesday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Wednesday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Thursday</i>	5:30am-8pm	8am-10am	1-4pm
<i>Friday</i>	5:30am-7pm	8am-10am	1-6:30pm
<i>Saturday</i>	8am-5pm	12-5pm	1-5pm
<i>Sunday</i>	2-5pm	2-5pm	2-5pm

**\*\*\*Pool and Locker Rooms CLOSE one hour before the facility closes.\*\*\***

For group swim reservations please call 24 hours ahead to reserve.

#### **Group Swim Reservation Times:**

**Monday-Thursday 1-4pm**

**Friday 1-5pm**

***During inclement weather the pool will be temporarily closed due to thunderstorms in the area.***

***For your safety, the pool will be closed for 30 minutes following each audible crash of thunder and/or visible strike of lightning as detected.***