

Charles R. Drew Wellness Center

2101 Walker Solomon Way
Columbia, SC 29204 (803) 545-3200



June Water Aerobics & Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 - 6:30am Temporarily unavailable (will return soon)		5:45 - 6:30am Temporarily unavailable (will return soon)		
7 - 8am Aqua Flow Mary W.		7 - 8am Aqua Flow Mary W.		7 - 8am Aqua Flow Pat	
	10:30 - 11:15am Deep Water Aerobics Pat		10:30 - 11:15am Deep Water Aerobics Pat		9:30 - 10:15am Aqua Zumba (Rotation)
12 - 1pm Aqua Fit Gail		12 - 1pm Aqua Fit Gail		12 - 1pm Aqua Fit Gail	
	5:45 - 6:30pm Aqua Power Beth		5:45 - 6:30pm Aqua Power Beth		
6:45 - 7:30pm Water Aerobics Edwin		6:45 - 7:30pm Water Aerobics Edwin			

*****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.*****

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.

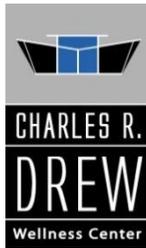
Water Aerobics – A shallow water workout uses a variety of exercises to create resistance, improve cardiovascular fitness, muscular endurance and flexibility. Each instructor uses creativity to keep the class fun and full of energy. Participants can work at their own pace.

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 Power - Power your way through the water with our Aqua Power Class. This low to high intensity class is for beginners, intermediate, and advanced with an emphasis on cardio, strengthening, and toning the entire body.

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!



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June Lap & Recreational Swimming Schedule

	Lap Swimming <i>Lanes 4-8</i>	Independent Aqua Exercise <i>Lanes 1-3</i>	Recreational Swimming <i>Lanes 1-3</i>
<i>Monday</i>	5:30am-8pm	8am-10am	1-5pm
<i>Tuesday</i>	5:30am-8pm	8am-10am	1-5pm
<i>Wednesday</i>	5:30am-8pm	8am-10am	1-5pm
<i>Thursday</i>	5:30am-8pm	8am-10am	1-5pm
<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 summer camp swim reservations please call 24 hours ahead to reserve.

Summer Camp 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.