

Charles R. Drew Wellness Center

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



March Water Aerobics & Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---------------------------------------|--|
| | 5:45 - 6:30am <i>Deep Intensity</i> Edwin | | 5:45 - 6:30am <i>Deep Intensity</i> Edwin | | |
| *New Class* 7 - 8am <i>Rise & Revitalize</i> Demetra | | *New Class* 7 - 8am <i>Rise & Revitalize</i> Demetra | | 7 - 8am <i>Aqua Flow</i> Pat | |
| | 11 – 11:45am <i>Deep Water Dynamics</i> Pat | | 11 – 11:45am <i>Deep Water Dynamics</i> Pat | | 9:30 – 10:15am <i>Aqua Zumba®</i> Lisa/Kaarina (rotation) |
| 12 - 1pm <i>Aqua Fit</i> Gail | | 12 - 1pm <i>Aqua Fit</i> Gail | | 12 - 1pm <i>Aqua Flow</i> Nancy | |
| | *New Class* 5:45 – 6:30pm <i>Deep Water Dynamics</i> Nancy | | *New Class* 5:45 – 6:30pm <i>Aqua Zumba®</i> Lisa | | |
| 6:45 - 7:30pm <i>Cardio Waves</i> Edwin | | 6:45 - 7:30pm <i>Cardio Waves</i> Edwin | | | Updated 1-17-17 |

*****Don't forget your water bottle and 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

Rise & Revitalize - An early morning high energy class that has cardio and strength training to get you through your day. This class is designed to to strengthen parts of your body that improve everyday activities.

Deep Water Dynamics - 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.

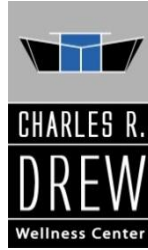
Deep Intensity - Wake up to this invigorating deep water workout! Challenge your body to new levels with no impact and high intensity cardio workouts. All levels welcome to work at your own pace.

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



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March 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 | 1-4pm |
| <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.*