Charles R. Drew Wellness Center

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

October Water Aerobics & Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:30 am Deep Water Edwin	**5:45 - 6:30 am** Deep Water Edwin	**5:45 - 6:30 am** Deep Water Edwin	**5:45 - 6:30 am** Deep Water Edwin	**5:45 - 6:30 am** Deep Water Edwin	
7 - 8 am Water Aerobics Mary W.	**7 - 8 am** Water Aerobics Mary W.	**7 - 8 am** Water Aerobics Mary W.	**7 - 8 am** Water Aerobics Mary W.	**7 - 8 am** Water Aerobics Pat	**9:45 – 10:30AM** Aqua Zumba Marlina
11 am – 12 pm Independent Deep	**11 am – 12 pm** Independent Deep	**11 am – 12 pm** Independent Deep	**11 am – 12 pm** Independent Deep	**11 am – 12 pm** Independent Deep	
12 - 1 pm Aqua Fit Chris	**12:30 - 1:30 pm** Aqua Flow Pat	**12 - 1 pm** Aqua Fit Chris	**12:30 - 1:30 pm** Aqua Flow Pat	**12 - 1 pm** Aqua Fit Chris	
	5:45 – 6:30 pm Water Aerobics Mary G.		**5:45 – 6:30 pm** Aqua Zumba Marlina		
7 – 8 pm Water Aerobics Preston	**7 – 8 pm** Water Aerobics Preston	**7 - 8 pm** Water Aerobics Preston	**7 - 8 pm** 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 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!

Charles R. Drew Wellness Center

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

October Lap & Recreational Swimming Schedule

	Lap Swimming	Recreational Swimming	Independent Aqua Exercise
Monday	**5:30am-2pm & 3-8:45pm**	**3-6pm**	**9am-12pm**
Tuesday	**5:30am-8:45pm**	**3-5pm**	**9am-12pm**
Wednesday	**5:30am-2pm & 3-8:45pm**	**3-6pm**	**9am-12pm**
Thursday	**5:30am-8:45pm**	**3-5pm**	**9am-12pm**
Friday	**5:30am-2pm & 3-7:45pm**	**3-7pm**	**9am-12pm**
Saturday	**8am-5:45pm**	**1-5:45pm**	**None**
Sunday	**2-5:45pm**	**2-5:45pm**	**None**

*****Pool and Locker Rooms are *CLOSED* for cleaning every Monday, Wednesday and Friday from 2-3pm*****

- **For group swim please call ahead and make reservations during the following times:**
  - **Monday, Wednesday, Friday 3-5pm and Tuesday and Thursday 3-5pm.**

We Are Columbia

2101 Walker Solomon Way, Columbia,SC 29204