



ROSEVILLE
HEALTH & WELLNESS
CENTER

Aquatic Class Schedule

1650 Lead Hill Blvd.
 Roseville, CA 95661
 (916) 677 1200

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am-7 am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Closed	Closed
7:45 am	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	
8:30 am	Senior/ Aqua Fit EH 45 min	Deep Water JB 45 min	Open Lanes	Senior/Aqua Fit DC 45 min	Aqua Fit JB 45 min	Aqua Fit R 45 min	
9:30 am	PT Rehab	Senior/ Aqua Fit JB 45 min	PT Rehab	Senior/ Aqua Fit DC 45 min	PT Rehab	Aqua Fit R 45 min	Open Lanes
10:15 am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab		
10:30 am	PT Rehab	PT Rehab	PT Rehab	PT Rehab	PT Rehab	Open Lanes	
*See times 12:30 pm	PT Rehab	12:45 - 1:30 Arthritis Basic TF 45 Min Arthritis Certified	PT Rehab	*12:45 - 1:30 Arthritis Basic/ Plus TF 45 min Arthritis Certified	PT Rehab	Family Swim 11am-2pm	Family Swim 11am-2pm
1:00 pm	PT Rehab	*1:35 - 2:20 Arthritis Basic TF 45 min Arthritis Certified	PT Rehab	*1:35 - 2:20 Arthritis Basic TF 45 min Arthritis Certified	PT Rehab	Family Swim 11am-2pm	Family Swim 11am-2pm
1:45 pm	Joint Effort EH 45 min		Joint Effort EH 45 min		Open Lanes		
1:55 pm			Open Lanes 2:20- 3:00		Open Lanes 2:20- 3:00		
3:00 pm	Open Lanes	PT Rehab	Open Lanes	PT Rehab	Open Lanes	Open Lanes	Open Lanes
5:00 pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes
5:30 pm	Aqua Fit EH 45 min	Aqua Fit & Moms in Motion DC 45 min	Aqua Fit DC 45 min	Aqua Fit & Moms in Motion DC 45 min	Open Lanes	Pool Closed	Pool Closed
6:30 pm- 9 pm	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Open Lanes	Pool & Gym Closed	





CLASS DESCRIPTIONS:

Arthritis Basic (level 1)

This beginning level class is designed for those members new to water and exercise environments. Participants will work joint mobility and integrity with no impact or jarring. This slower rate of intensity will help reduce injury, yet improve muscular strength & endurance. Noodles may be used for floatation, not resistance training.

Arthritis Plus (level 2)

Graduate from Arthritis Basic when you're ready to add additional walking and resistive movement, while maintaining joint mobility and integrity with no impact or jarring. This class includes an endurance segment up to 20 minutes. Noodles may be used for floatation, not resistance training.

Joint Effort (level 3)

Participants should have graduated from Arthritis Plus to enjoy the fullness of this level 3 Arthritis class. Progressive and active movement, including rebounding, is allowed in this format with endurance segments and equipment to be used for resistance training. Participants should be comfortable with sustained levels of moderate water movement.

Pool Hours: Mon-Fri 5 am - 9:30 pm
Sat-Sun 7 am - 5:30 pm

Water Relaxation

Warm water and soothing music invite the participant to enjoy the deep stretching and water adapted yoga moves. This class will improve balance and coordination along with core strengthening exercises. Participant should be comfortable with moderate levels of stretching.

Deep Water

Participants will enjoy the core strengthening properties that deep water offers by using floatation belts in the deep end. This mostly vertical-based format allows for incredible core work and large muscle group recruitment, which means you burn more calories!! Participant must be comfortable completely suspended in 7 feet of water for the entire class.

Aqua Fit

This class is designed to help you increase your cardiovascular health and endurance while using water resistance to tone and define body. This class is great for all ages, sizes, and fitness levels.

EH-Elaine Hopper

CB- Christy Barry

DC- Deborah Camacho

Tf- Tami Files

NR-Noelle Ritter

JB- Judy Barnett

R- Rotated

"Not your ordinary fitness center"

