



CCRC WATER FITNESS CLASS SCHEDULE

130 Commons Way, Central, SC 29630 / centralclemsonrec.com / 864-624-1138

MONDAY

Start	End	Class	Location
9:00 AM	10:00 AM	Water Fitness	Lap Pool
10:00 AM	11:00 AM	Senior Functional Fitness	Therapy Pool
11:00 AM	12:00 PM	Deep Water Wellness	Lap Pool

WEDNESDAY

Start	End	Class	Location
9:00 AM	10:00 AM	Water Fitness	Lap Pool
10:00 AM	11:00 AM	Senior Functional Fitness	Therapy Pool
11:00 AM	12:00 PM	Deep Water Wellness	Lap Pool

FRIDAY

Start	End	Class	Location
9:00 AM	10:00 AM	Water Fitness	Lap Pool
10:00 AM	11:00 AM	Senior Functional Fitness	Therapy Pool
11:00 AM	12:00 PM	Deep Water Wellness	Lap Pool

Our Pool sare members only. Classes are free for members. **Non-members can participate in the Senior Functional Fitness Class from 10:00am-11:00am with the purchase of a \$9 week pass.** See the front desk for details.

Class Descriptions

Water Fitness	Water Fitness offers a high to moderate intensity water workout in chest-deep water. Each class session is designed to include: warm-up, vigorous aerobic, strengthening, toning and cool-down. Held in the lap pool.
Senior Functional Fitness	Senior Functional Fitness is held in the warm pool and is a good option for individuals with orthopedic, arthritic, nerve or circulatory problems. Class includes a warm-up and a very low intense water –walking program using different water walking movements, followed by strengthening range of motion, exercise and stretching. Held in the therapy pool.
Deep Water Wellness	Deep Water Wellness includes a suspended warm-up and a low-intensity deep water program focused on core stabilization and fluid movement, followed by strengthening, range of motion exercises, and restorative stretching. This class is an ideal option for individuals with orthopedic, arthritic, nerve, or circulatory problems. Buoyancy relieves pressure on the spine and joints while improving circulation. Held in the Lap Pool.