

# Move with us-Make a Splash!

## Summer Water Workouts-June-July 2018



KINGSPORT  
AQUATIC CENTER

Palmer Center Foundation Warm Water Pool HMG Competition Pool

Eastman Credit Union Lazy River Outside Pool Deck

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.-7 a.m.	Viperfish Masters Swim Team Practice To learn how you can join visit <a href="http://www.swimkingsport.com">www.swimkingsport.com</a>					
8 a.m.-8:50 a.m.						Interval Training Rochelle
9 a.m.-9:50a.m.	Poolside Yoga Hillary		Poolside Yoga Hillary			Lazy River Class Rochelle
9 a.m.-9:50a.m.	Lazy River Class Juanita/Jill	Aqua Combo Jill	Lazy River Class Jill	Aqua Combo Rochelle	Lazy River Class Jill	
10 a.m.-10:50 a.m.	Forever Fit Juanita/Jill	Interval Training Jill	Cardio Blast! Jill	Forever Fit Rochelle	Aqua Combo Jill	
6:30 p.m.-7:20 p.m.	Deep H2O Conditioning Rochelle				Deep H2O Conditioning Rochelle	
6:30 p.m.-8:30 p.m.	Scuba Diving 6:30-8:30		Scuba Diving 6:30-8:30	Kayak Roll Classes 7 p.m.-8:30 p.m.		
7:40 p.m.-8:30 p.m.		Lazy River Class Nehoa		Lazy River Class Nehoa		

We will NOT have class on the following dates: 6/9/18, 7/4/18, 7/7/18, 7/17

KAC Member: \$5 per class// \$40 monthly unlimited pass

Kingsport YMCA Member: \$5 per class// \$40 monthly unlimited pass

Kingsport Senior Center Member: \$4 per class//\$32 monthly unlimited pass

Non-Member: \$7 per class//\$45 monthly unlimited pass

# Workout Descriptions

## Poolside Yoga

A gentle practice that will invite strength and flexibility to the entire body through yoga postures and movements. Poolside yoga is an exercise that will release stress while building core muscles as you participate in the lovely outdoors with beautiful bays mountain in the background. Come feel refreshed!

\*Yoga mats will not be provided

## Interval Training

This class allows participants to train at high intensity levels for regulated amounts of time. Exertion rates will vary between intervals allowing recovery between demanding exercises. Participants work at individual ability levels. Modifications will be provided by the instructor if needed.

## Scuba Classes

Scuba classes taught here through a partnership with Smoky Mountain Divers. We offer an intro to scuba at various times throughout the year. Cost is \$25 for 1 1/2 hour class. All equipment is furnished, just bring a swimsuit and towel. Please contact Smoky Mountain Divers at (423)239-7333 for more information.

## Lazy River Class

This class will take place outside in the Lazy River. Participants will perform exercises while moving against or with the current of the river. Modifications will be provided by the instructor when necessary.

## Cardio Blast!

A high intensity workout that includes bouncing, jumping, kicking & energy! Participants work at their own ability level. Modifications will be provided by the instructor. This class utilizes weights and resistance gloves.

## Core Concentration

A targeted class that focuses on ab and back muscular strength and endurance. Participants work at individual ability levels. Modifications will be provided by the instructor when necessary.

## Deep Water Conditioning

This class takes all the pressure off your joints! Participants may choose to wear a floatation belt and should feel comfortable in the water. A range of different equipment may be used to target all areas of the body.

## H2O Muscle Mixer

A class designed to be challenged by the resistance of the water. H2O conditioning is an interval-based class that alternates between cardiovascular and strength training. Skills will be performed in water or on land. If you can not participate on land then skills can be modified for you to do them in the water.

## Masters Swim Team

This group of swimmers practices in the HMG Competition Pool Monday-Friday from 5:30am-7:00am. See the Front Desk for more details! All swimming abilities are welcome.

## Aqua Combo/Forever Fit

These classes hit it all: weights, cardio, and resistance for a total body workout. Participants can work at their own pace. Instructors will give modifications. This low impact class targets the upper and lower body. Perfect for all ages.

## Stretch & Tone

A class aimed at toning the muscles using water weights & resistance. Includes a portion aimed at stretching & relaxing the muscles in the warmth of the Palmer Center Foundation Warm Water Pool. All ages and skill levels welcome.

