



CCRC WATER FITNESS CLASS SCHEDULE

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

MONDAY

Start	End	Class	Location
8:00 AM	9:00 AM	Senior Functional Fitness	Therapy Pool
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	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	Lap Pool

FRIDAY

Start	End	Class	Location
8:00 AM	9:00 AM	SilverSplash	Therapy Pool
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	Lap Pool

All water fitness classes are included in memberships

CCRC WATER FITNESS CLASS DESCRIPTIONS

Senior Functional Fitness	This class 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 warm water
SilverSplash®	Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard and other aquatic equipment is used to improve strength, balance and coordination.
Water Fitness	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.
Deep Water	A high to moderate intensity water workout in deep water, using the aid of flotation devices. Each class session is designed to include: warm-up, vigorous aerobic, strengthening, toning and cool-down. Held in the lap pool.