

Fitness Class Descriptions

WATER CLASSES

Water Aerobics is a high energy class that combines aerobics with the use of weights, noodles and bands. Limited equipment is provided.

Water Exercise begins with 5 minutes of warm-up and stretching. This is followed by about 20 minutes of aerobic work, then 30 minutes of upper and lower body work. Time spent of each varies from class to class; however, the aim is to keep all joints and muscles moving. A 5 minute cool down follows. Please bring resistance bars. These are provided initially, but a personal one is recommended later.

Water Arthritis is a low to moderate exercise program designed to improve capacity to perform daily activities, protect joints and manage pain; to promote functional endurance as well as musculoskeletal flexibility, strength and endurance with a minimum risk of injury.

Co-ed Water Fitness is a water class to keep all joints and muscles moving. Class begins with warm-ups and stretches. Approximately 30 minutes of aerobic work is followed by upper and lower body movements with a 5 minute cool down period.

Water Boot Camp is based more on strength, power, and speed rather than rhythm and choreography. Boot camp incorporates speed drills, strength exercises, interval training, and kickboxing to challenge you while still contained in the safety of a water environment. Start now and continue to build your stamina over time with this athletic workout.

Deep Water is an energetic workout, without stress on joints, utilizing a belt makes this class "untouchable" (Most of the class will be spent not touching the bottom of the pool). Please bring a suspension belt. Loaners are available at the Wellness Center.

Aqua Action is a high energy class that combines all formats of aquatic exercise with boxing and high intensity interval training to move your body into a higher level of fitness.

Joints in Motion is a warm water based program designed to increase flexibility and balance while emphasizing muscles strength and posture and decreasing joint pain and stiffness for folks with chronic conditions or following rehabilitation.

CHOTA Aqua Power (May-September) is designed to strengthen and tone muscle while increasing cardio respiratory endurance.

KAHITE Water Exercise (May-September) is a high energy class that combines aerobics

**Swim Lessons occupy the LAP LANE on Tuesday and Thursdays from 1-6 pm.

** Pool is closed to all other activities during water classes. Therapy pool remains open.

Pool Rules

1. WARNING: There is NO lifeguard on duty. Swim at your own risk.
2. Children under 16 MUST be accompanied by a responsible adult of 21 or older.
3. Children under 16 are NOT allowed in the Therapy pool.
4. Diving and jumping off starting blocks is prohibited unless under supervision of Tellico Village Swim Team. Diving from side of pool is strictly prohibited.
5. All infants/toddlers must wear a swim diaper if not potty trained.
6. For emergency assistance, contact the front desk or call 911.

Pool Etiquette

- Swimmers should not hang, sit, flip or stand on lane lines, pool handrails or therapy pool balance bar.
- All swimmers should shower before entering the pool.
- Running, pushing, fighting, horseplay or profane language is considered inappropriate.
- There should be no glass or sharp metal objects in the pool area.
- There should be no food, gum or drinks (except water) in the pool area.
- Band-aids should be removed before entering the pool.
- The use of water shoes is encouraged on the pool deck.
- Lap lane, when deployed, is for lap swim use or swim lessons only.
- There is a family/unisex restroom located in the pool area for individuals or families need additional privacy.

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LAND CLASSES

Cardio Dance involves a gentle total-body warm up, moving on to dance-based aerobic movements to music that will motivate you! No prior dancing experience is required. All movements can be done in a low to high impact, moderate to vigorous manner based upon a student's individual ability. Varied resistance & weight training routines will provide core & muscle-strengthening, and a cool-down period will incorporate moves designed for total body balance, stretching and flexibility. Please wear comfortable clothing and bring a mat, hand weights and water.

Core & More is an early morning classical stretch and core strengthening workout that provides participants with a full-bodied, anti-aging workout designed to improve posture, balance, and flexibility with standing, fluid movements to liberate the spine and challenge one's reflexes. Mat-based Pilates on the floor will follow to increase core muscle length and strength. All levels are welcome and bare feet are preferred.

Aerobics is a cardio and strength combo class that consists of choreographed routines that may be high or low impact depending on the participant. This class includes a combination of dance, kickboxing, Pilates, yoga, and stretch work. Please bring a mat.

Intermediate Yoga is a class that explores the combination of Yoga asanas (postures), breathing and meditation to help achieve unity of the mind, body and spirit and help improve muscle tone, strength, flexibility and stamina. Wear comfortable clothing. Bring a yoga mat, and a towel or blanket to cover with during meditation.

Yoga is a form of exercise which includes stretching for flexibility; holding postures (asana) to tone and firm all muscles and to elasticize the spine and lubricate the joints for freer motion. These exercises also improve balance. We use breathing techniques to help relieve stress and release muscular tension. Class ends with 15 minutes of deep relaxation. Come to class with an open mind, a positive attitude and a smile. Bring a mat, and a small pillow. You will benefit with each session as your body and mind become more receptive.

Basic Hatha Yoga - whether you are a *Newbie*, a *Novice*, or a *Natural*, Basic Hatha Yoga will increase your flexibility, improve your balance, strengthen your muscles, and calm your mind. Basic yoga poses, which include balancing, twisting, stretching, and bending, are combined with focused breathing and relaxation to give you a full body workout. No prior experience (or flexibility!) is required. If you've practiced yoga in the past, this class will help you go deeper into your knowledge, understanding, and practice. Each class offers in-depth exploration of one pose, muscle group, or activity, followed by breathing, warm-up, Sun Salutations, asanas, and Savasana. Questions are always welcome!

Fit & Tone (@ WC & Kahite) is a class using hand weights and mat work, which incorporates upper and lower body work. On alternate days, a low impact cardio workout is included by walking, dancing, and various other movements. This cardio workout lasts about 30 minutes and is then followed by weights. Please bring mat, hand weights and water.

ZUMBA® is a dance fitness class incorporating international music and dance movements. It will include both fast and slow rhythms to help tone the body. No dance experience is required. Bring a water bottle and wear comfortable shoes.

PilatesYoga (@ WC & Kahite) is a combination of Pilates and Yoga. The class exercises focus on strengthening core muscles, balance and flexibility. The class level is of medium intensity. Materials required are a Yoga mat or large towel and comfortable clothing.

Pilates (@ Kahite) is a class to strengthen core muscles, improve balance and flexibility using 6 basic Pilates principles. Bring a mat or towel, sock or bare feet and a rolled towel for neck support if necessary.

Balance, Bend, Build (@ Chota & Kahite) is a non-aerobic, NO impact class that will incorporate a variety of exercises designed to increase balance, flexibility, range of motion and strength. A chair may be used for seated exercises or support. Please bring a set of hand weights to class.

Muscles, Joints and Balance is a chair based fitness class that focuses on increasing your safety in motion through improved balance, increased muscle strength and mastery of breathing techniques.