

Immanuel Aquatic Center



Community Programming Fitness Class Schedule

Effective June 1, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 7:00 am	-	Independent Aquatic Exercise	-	Independent Aquatic Exercise	-
7:00 - 8:00 am	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise
	Aqua Boot Camp	Class TBD	Cardio Splash	Class TBD	Noodle Mania
8:00 - 9:00 am	Aqua Fit	Aqua Y.A.C.H.T.	Body Sculpt	Aqua Y.A.C.H.T.	Aqua Fit
9:00 - 10:00 am	Aqua Basics	-	Aqua Basics	-	Balance
10:00-11:00 am	Low Back Class	-	Pilates	-	Low Back Class
Noon - 1:00 pm	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise
4:00 - 5:00 pm	Low Back Class	Aqua S.M.I.L.E.	Low Back Class	Aqua S.M.I.L.E.	Low Back Class
5:00 - 6:00 pm	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise	Independent Aquatic Exercise
6:00 - 7:00 pm	-	Independent Aquatic Exercise	-	Independent Aquatic Exercise	-

***Note:** If less than 3 patrons are checked in at class start time, class will not be held. Patrons will be allowed to exercise independently during the schedule class time for that day.*

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Community Programming Fitness Class Schedule



6901 N. 72nd St - Omaha, NE 68122 - 402.572.2288

Independent Aquatic Exercise

This program allows individuals to utilize the therapy pool and equipment in an open pool environment, without an instructor. Individuals must be independent with transfers and in the water or accompanied by a caregiver to assist.

Beginning & Specialty Classes

-Aqua S.M.I.L.E.

Using Slower Moves, and Impact Lowered Exercises, this class is ideal for individuals just starting out and those with conditions such as arthritis or fibromyalgia. Exercises focus on gentle stretching through range of motion, light strengthening, and endurance.

-Aqua Basics

A step up from the above program, this class is similar to the former "Get Fit" class. Participants perform exercises focused on arm and leg strengthening with the addition of resistance equipment as well as a brief cardio section to increase heart rate.

-Low Back Class

This class is designed for individuals with low-back pain. Exercises emphasize spine stabilization, core and leg strengthening, and low-back stretching using equipment such as water dumbbells and kickboards.

-Pilates

Similar in focus to low back class, but just a bit more challenging! This class utilizes different equipment to challenge core stabilization while emphasizing good breathing and posture alignment.

-Balance Class

Utilizing the safe aquatic environment to challenge balance, participants complete various stances and movements using an assortment of equipment. This class seeks to increase stability and reduce the potential of falls by improving balance strategies and strengthening core and leg muscles.

Intermediate Fitness Classes

-Aqua Y.A.C.H.T

Bringing together Yoga, Aerobics, Core, HIIT, and Toning, this class aims to take you through a little bit of everything in order to get a full body work out! It is designed to get your heart rate up, then come full circle by ending with some mindfulness.

-Body Sculpt

This class utilizes dumbbells, kickboards, and noodles to get a full body toning workout. Exercises are performed at various speeds and intensities to strengthen arms, legs, and abdominal muscles.

-Aqua Fit

Combining cardio and toning, this class gives you the best of both worlds! While exercises will mainly focus on low-impact aerobics to get your heart rate up, there is also a brief segment focusing on toning.

Advanced Fitness Classes

-Aqua Boot Camp

High energy workout inspired by military style training. Provides the ultimate series of high intensity cardio circuits and strength exercises designed to target major muscle groups.

-Cardio Splash

This fast-paced class is designed to challenge your cardiovascular fitness and endurance using the resistance of the water and a variety of equipment.

-Noodle Mania

Participants utilize noodles to increase resistance, gain strength, and enhance a challenging aerobic segment.

Educational Workshops

Intermittently offered program where participants receive individual feedback to ensure correct form when performing exercises. Focus of workshop will be announced ahead of time and will change/rotate. See staff for more info.