

**Hydrotone**: this water workout includes calisthenic movements with variations of upper and lower body exercises. You will improve your cardiovascular fitness, muscular endurance and flexibility. The instructor will use creativity to keep the pace moving and the workout interesting. As a participant, you determine the intensity by using the water as your resistance. All levels welcome. 1hr class.

**Aqua Fit**: this is a medium intensity aquatics class focusing on strength, balance and stretching for a fun and efficient full body workout. All levels welcome. 45 minute class.

**Aqua Walking**: 30 minutes of moving through the water to improve strength, balance and coordination while gently getting the heart rate up.

**Liquid Fitness**: Music driven tabata interval training which cycles through periods of work followed by brief rest that will challenge the entire body. All levels welcome. Work at your own level of intensity.

**Mindful Water Exercise**: Combination of cardio, balance, core and strengthening incorporating the “7 foot positions and 6 arm motions of life” with AiChi- mindful efficient flowing progression of moves to improve core, balance and flexibility.

#### **INFORMATION ABOUT THE POOLS:**

- **REC POOL closed to other members when CLASS is going.**
- **TUESDAYS and THURSDAYS from 7am – 1pm the REC POOL max capacity 20.**
- **Rec pool temp. Approx. 90 degrees.**
- **Lap pool temp. Approx. 80 degrees. Length=25 yards. 32 laps= 1 mile(1 lap is down and back)**
- **Hot tub temp. Approx. 102 degrees**

**CAPITAL CITY HEALTH CLUB**  
**1280 N.MONTANA AVE, HELENA, MT 59601**  
**(406) 442-6577**

Rec pool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	ISR 5:30-7:40am		ISR 5:30-7:40am	ISR 5:30-7:40am	ISR 5:30-7:40am		
7:45am	HYDROTONE- VICKY	ISR 5:30-7:40am Physical Therapy	HYDROTONE- VICKY	ISR 5:30-7:40am Physical Therapy	HYDROTONE- VICKY		
10:20am	AQUA WALKING- JANELLE	8am-1pm. Limited pool capacity	AQUA WALKING- JANELLE	8am-1pm. Limited pool capacity	AQUA WALKING- JANELLE		
11:00am	AQUA FIT - JANELLE		AQUA FIT- JANELLE		AQUA FIT- JANELLE	OPEN SWIM in REC POOL.	OPEN SWIM in REC POOL.
1:20pm	Aqua Zumba- Rocio 12pm			AQUA WALKING- Janelle			
2:00pm		Mindful Water Exercise- Mary		Mindful Water Exercise- Mary			
5:30pm	Liquid Fitness- VICKY		Liquid Fitness- VICKY				

**PLEASE CHECK THE LIVE SCHEDULE @ capacity.club FOR UPDATED CLASSES. ALL CLASS DESCRIPTIONS ARE ON THE BACK.**  
**ALL CLASSES ARE SUBJECT TO CHANGE. ALL CLASSES ARE BASED OFF INSTRUCTOR AVAILABILITY. EFFECTIVE January 2, 2025**

Lap Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2 lanes reserved during listed scheduled lap pool use.						
3:00pm							Masters swim 8:30-9:30am
4:00pm							
5:00pm		Dolphins 4-5:30pm		Dolphins 4:30-5:30pm			
6:00pm							
6:30pm	Dolphins 4:15-8:30pm	Masters swim 5:30-6:30pm	Dolphins 4:15-8:30pm	Masters swim 5:30-6:30pm	Dolphins 4-7pm		
7:00pm							
8:00pm		Dolphins 6:30-8:30pm		Dolphins 6:30-8:30pm			
9:00pm							