

Low Impact/ Low Intensity

A.F.A.P.

Arthritis Foundation Aquatic Program, “go at your own pace”, very low intensity class to improve or maintain range of motion, flexibility, strength, and functional endurance. Physician’s release required.

D.E.E.P.

Diabetes Exercise and Education Program. Water walking, stretching, pre and post exercise blood glucose monitoring for people with diabetes. Physician's release required.

M.S. AQUATICS

Multiple Sclerosis Society Aquatic class includes stretching, strengthening, and activities to maintain functional endurance. Physician’s release required.

Intermediate Level Classes

NATAL FIT

Low impact/ moderate intensity class for pregnant and postnatal women for maintaining current fitness level. Follows American College of Obstetrics & Gynecology guidelines for exercise. Obstetrician’s release required.

A.F.A.P PLUS

Arthritis Foundation Aquatic Program for those who have good shoulder mobility and can tolerate walking on land for 15 minutes. Includes endurance segments of twenty minutes. Low impact, moderate intensity level. Physician’s release required.

WAVE LENGTHS

A “hard” workout without the bounce, this workout will elevate your heart rate while keeping your feet “grounded”.

SUNRISE SPLASH

Start the day refreshed and relaxed after this 45 minute class that involves an aerobic workout, strengthening and toning intervals, and other various aquatic equipment.

High Intensity/Aerobic

H 2 O 'ROBICS

Aerobic conditioning, strengthening, & toning in time to music to energize your day.

INTERVALS & ABS

Aerobic interval training using variable resistance hand paddles, fun noodles, or other equipment to make this workout hard, and fun!

WATER WORKS

Fast- paced, high intensity aerobic class also helps to increase strength and endurance. A wonderful way to unwind after a stressful work day.

AQUA POWER

This challenging class is for those who like their water workouts HARD and music LOUD, Rock & Roll Aqua style.

FAMILY SWIM

This is a time to bring your children to swim at the Healthplex. The cost is \$1.00 per child if a member and \$2.50 per person if not a member.

AQUACISE

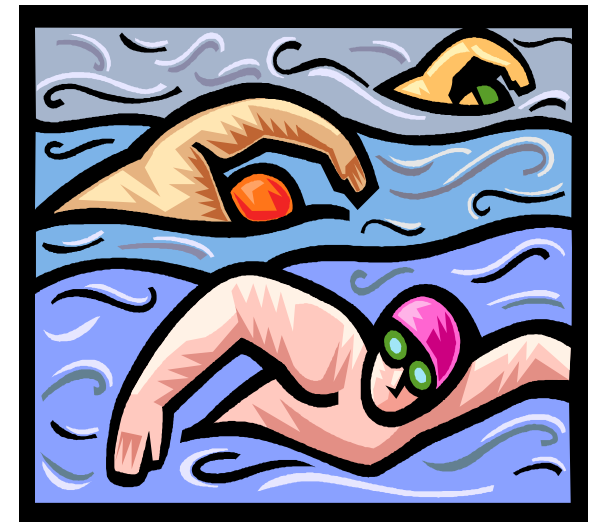
This H2O class will include an aerobic and strengthening workout using aquatic resistance equipment. For all fitness levels.



Baptist

HEALTHPLEX

AQUATIC SCHEDULE



BAPTIST HEALTHPLEX - JACKSON AQUATIC SCHEDULE

Pool & Spa Hours

**JACKSON HEALTHPLEX
POOL AND SPA**

**TEMPERATURE LINE
(601) 292-4600**

**DIRECT LINE
(601) 968-1766**

MONDAY:
5:00 am - 8:45 pm

TUESDAY:
5:00 am - 12:30 pm
2:00 pm - 8:45 pm

WEDNESDAY:
5:00 am - 8:45 pm

THURSDAY:
5:00 am - 12:30 pm
2:00 pm - 8:45 pm

FRIDAY:
5:00 am - 6:45 pm

SATURDAY:
7:00 am - 4:45 pm

SUNDAY:
1:00 PM - 4:45 PM

**THE POOL IS CLOSED
EVERY TUESDAY AND
THURSDAY
FROM 12:30 - 2:00 PM**



Class Time	MON	TUES	WED	THURS	FRI	SAT
6:00 am		Sunrise Splash				
7:30 am	Wavelengths		Wavelengths		Wavelengths	
8:15 am	H2O 'Robics	D.E.E.P	H2O 'Robics	D.E.E.P.	H2O 'Robics	
9:00 am		Family Swim		Family Swim		
10:00 am	H2O 'Robics	Interval & Abs	H2O 'Robics	Interval & Abs	H2O 'Robics	Interval & Abs
10:45 am	A.F.A.P.		A.F.A.P.		A.F.A.P.	
11:00 am		A.F.A.P.		A.F.A.P.		A.F.A.P.
11:30 am	A.F.A.P.		A.F.A.P.		A.F.A.P.	
12:00 pm		MS Aquatics		MS Aquatics		
1:00 pm	A.F. PLUS		A.F. PLUS		A.F. PLUS	
3:00 pm	A.F.A.P.		A.F.A.P.		A.F.A.P.	
3:30 pm		Aquacise		Aquacise		
4:45 pm	NatalFit	NatalFit	NatalFit	NatalFit		
5:30 pm	WaterWorks	AquaPower	WaterWorks	AquaPower		
6:30 pm	A.F.A.P.		A.F.A.P.			