



3430 Executive Pointe Way, Carson City, NV 89706 - 775-883-4434 – ParadiseSalonSpaWellness.com

Therapy Pools Schedule (Class Description On Reverse)						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.	6:00—7:00 Aqua Cardio	6:00 – 8:00 OPEN SWIM	6:00—7:00 Aqua Cardio	6:00 – 8:00 OPEN SWIM	6:00—7:00 Aqua Cardio	6:00 – 7:45 OPEN SWIM
7 a.m.	7:15 – 8:00 OPEN SWIM		7:15 – 8:00 OPEN SWIM		7:15 – 8:00 OPEN SWIM	8:00 -- 9:00 Aqua Gym Circuit -NEW-
8 a.m.	8:15 – 9:15 Aqua Cardio	8:15 – 9:15 B.A.D. Core	8:15 – 9:15 Aqua Cardio	8:15 – 9:15 B.A.D. Core	8:15 – 9:15 Aqua Cardio	
9 a.m.	9:30 – 10:30 Aqua Cardio -NEW-	9:30 – 10:30 Ai Chi (Pain Relief) QUIET TIME	9:30 – 10:30 Aqua Cardio -NEW-	9:30 – 10:30 Ai Chi (Pain Relief) QUIET TIME	9:30 – 10:30 Aqua Cardio -NEW-	9:00 – 10:00 Aqua Zumba w/Rick Jordan
10 a.m.	10:45 – 11:15 OPEN SWIM		10:45 – 11:15 OPEN SWIM		10:45 – 11:15 OPEN SWIM	
11 a.m.	11:30—12:00 Aqua Cardio Express	10:45 – 3:30 OPEN SWIM	11:30—12:00 Aqua Cardio Express	10:45 – 3:30 OPEN SWIM	11:30—12:00 Aqua Cardio Express	10:15 – 5:00 OPEN SWIM
12 p.m.	12:15—1:15 Aqua Cardio		12:15—1:15 Aqua Cardio		12:15—1:15 Aqua Cardio	
1 p.m.	1:30—3:15 OPEN SWIM		1:30—3:15 OPEN SWIM			
2 p.m.						
3 p.m.	3:30 – 4:30 Ai Chi (Pain Relief) QUIET TIME	3:45 – 4:15 Knee-Hab Express	3:30 – 4:30 Ai Chi (Pain Relief) QUIET TIME	3:45 – 4:15 Knee-Hab Express	1:30—7:00 OPEN SWIM	Aqua Gym Equipment In the Pool ALL DAY
4 p.m.	4:45 – 5:15 B.A.D. Core Express	4:30 – 5:30 Aqua Cardio	4:45 – 5:15 B.A.D. Core Express	4:30 – 5:30 Aqua Gym Circuit	Aqua Gym Equipment In the Pool ALL DAY	
5 p.m.	5:15 – 6:00 OPEN SWIM	5:45 – 6:45 Aqua Cardio	5:15 – 7:00 OPEN SWIM	5:45 – 6:45 Aqua Gym Circuit	-Do you want a 5:45 Aqua Gym Circuit Class ??-	5:00 CLOSED
6 p.m.	6:00 CLOSED					
7 p.m.		7:00 CLOSED	7:00 CLOSED	7:00 CLOSED	7:00 CLOSED	

NOTE: WARM WATER (91°f) times are highlighted in orange. The regular temperature is 86°f.
 During OPEN SWIM you can use the therapy pools with your Membership or a daily Pool/Sauna Pass.
 SIGNUP for classes to guarantee your place: www.ParadiseSalonSpaWellness.com → CLASSES & SIGNUPS
 There is NO Lifeguard on duty. We highly recommend you use the spa facilities with a buddy.
***Please respect the QUIET TIMES when the therapy pools are a silent area.**
 We are an adult only facility.

CLASS DESCRIPTION:

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AI CHI (PAIN RELIEF): Involves a series of movements performed in a slow, focused, graceful manner & accompanied by. Ai Chi combines Tai-Chi & Qi Gong concepts with Watsu techniques, standing in shoulder depth WARM (91 f) water. This class is one hour.

The benefits of an Ai Chi exercise program are: Decreased levels of pain; Increased caloric consumption; Improved oxygen supplies to the body; Greater range of motion & ability; Increased core & muscle strength; Lowered sensations of stress; Reduced joint stiffness; Improved balance; Minimized problems with anxiety, fatigue, & depression.

AQUA CARDIO: A total body strength building water workout that will pump up your heart rate completely impact free when you are in the deep using Aquajogger buoyant belts, bells, and cuffs. Plus, shallow water moves using anchored exercises & Aqualogix gear are all a part of this fun full body challenging class. This class is one hour.

AQUA CARDIO EXPRESS: This is 30 minutes of AQUA CARDIO (see above). You can sign-up for an Aqua Cardio Express class by selecting the HOUR "Cardio" class and pay for the Express class in person.

AQUA GYM CIRCUIT: Underwater bikes, treadmills, shoulder machines, trampolines, and arm machines have arrived! This workout uses all the Pool Gym equipment, and more. Tabata HIIT (High Intensity Interval Training) has cardio conditioning PLUS muscle building power. Currently we are including the Aqua Gym Circuit class with your Premium Membership. As we work out all the details this will change.

B.A.D. CORE: (B.A.D. = Back ~ Abs ~ Derrière) Yes, it is PILATES. Great for your back, belly, butt, knees, hips, improving your balance, knees, etc. Build core / powerhouse strength & improve range of motion, maximizing flexibility, at a moderate pace with attention to control, flowing motion, concentration, centering, breathing, precision, routine, & isolation. This class is in WARM (91 f) water and is one hour.

B.A.D. CORE EXPRESS: This is 30 minutes of B.A.D. CORE (see above).

KNEE-HAB EXPRESS: The same training protocols apply whether you're healing from a knee injury or trying to prevent one. Best case scenario, your workout should include stretching and strengthening--STRETCH to keep the IT Band from causing limited movement and friction; STRENGTHEN your hip abductors and gluteus muscles to keep your knee stable. This class is 30 minutes.

This class is not a part of Premium Memberships. **AQUA ZUMBA STRONG with Rick Jordan, ZIN:** is an invigorating aquatic exercise party/class integrating the Zumba philosophy with the Aqua Gym. This format blends it all together into a workout that's cardio, strengthening, toning, and most of all exhilarating beyond belief. Any questions about Zumba, contact Rick Jordan at fitontherun1@yahoo.com, or 775-430-2099. Cost is \$7.00 on our website or pay directly to Rick, he is an independent associate. Please Signup online even if you intend to pay Rick at the class so we can keep the class size controlled.

Private Training Sessions w/Starr Nixdorf, ATRIC #140905049 (*Aquatic Therapy & Rehab Institute Certified and Aquatic Exercise Assoc. Certified*) If you want to move better, have better balance, or be stronger get Starr's individualized coaching. Often personal training sessions are booked in groups of three half hour sessions and paid for in advance.

Private Training Sessions: Paradise Certified Trainers and Aqua Pros can work with you on your specific concerns. Lauren Ware is a certified Franklin Method: Pelvis and Psoas Trainer. Becoming more aware of how the Pelvis operates allows a person to operate on a "cellular level". The body responds with better alignment, less pain, and a better outlook. Direct your questions about PELVIC POWER TRAINING to Lauren (702) 470-7416.

For Membership options see our website or pick up our "Memberships" flyer.

Terms & Conditions:

- a. Your Membership is valid from the date agreed on at time of purchase.
- b. All Memberships are non-transferable.
- c. There are no refunds.
- d. Seniors, Military, and Veterans discounts are for Memberships only.
- e. Class times are subject to change without notice.
- f. RSVP services: \$20.00/month, we will do the SIGNUP on the Paradise website for you. Ask for the form at the front desk.
- g. Please notify us if you cannot attend a class you have signed up for. Call 775-883-4434 ext 0.
- h. Prices are subject to change without notice.