



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

Therapy Pools Schedule						
<i>(Class Description On Back)</i>						
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 Gym Circuit	6:00 – 7:45 OPEN SWIM
7 a.m.	7:15 – 8:00 OPEN SWIM	8:15 – 9:15 B.A.D. Core	7:15 – 8:00 OPEN SWIM	8:15 – 9:15 B.A.D. Core	7:15 – 8:00 OPEN SWIM	8:00 -- 9:00 Aqua Gym Circuit
8 a.m.	8:15 – 9:15 Aqua Cardio		8:15 – 9:15 Aqua Cardio		8:15 – 9:15 Aqua Gym Circuit	
9 a.m.	9:30 – 10:30 Aqua Cardio	9:30 – 10:30 Ai Chi (Pain Relief) QUIET TIME	9:30 – 10:30 Aqua Cardio	9:30 – 10:30 Ai Chi (Pain Relief) QUIET TIME	9:30 – 10:30 Aqua Gym Circuit	9:30 – 10:15 Aqua Zumba w/Rick Jordan
10 a.m.	10:45 – 11:15 OPEN SWIM	10:45 – 3:00 OPEN SWIM	10:45 – 11:15 OPEN SWIM	10:45 – 3:00 OPEN SWIM	10:45 – 11:15 OPEN SWIM	10:30 – 11:30 Aqua Zumba w/Rick Jordan
11 a.m.	11:30—12:00 Aqua Cardio Express		11:30—12:00 Aqua Cardio Express		11:30—12:00 Aqua Gym Express	12:00 – 5:00 OPEN SWIM
12 p.m.	12:15—1:15 Aqua Cardio		12:15—1:15 Aqua Cardio		12:15—1:15 Aqua Gym Circuit	
1 p.m.	1:30—3:00 OPEN SWIM	3:30 – 4:00 Knee-Hab Express	1:30—3:00 OPEN SWIM	3:30 – 4:00 Knee-Hab Express	1:30 – 7:00 OPEN SWIM	Aqua Gym Equipment in the Pool ALL DAY
2 p.m.	3:30 – 4:30 Ai Chi (Pain Relief) QUIET TIME		3:30 – 4:30 Ai Chi (Pain Relief) QUIET TIME			
3 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	
4 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	5:00 CLOSED	
5 p.m.	6:00 CLOSED	7:00 CLOSED	7:00 CLOSED	7:00 CLOSED		
6 p.m.	7:00 CLOSED		7:00 CLOSED	7:00 CLOSED		
7 p.m.						

NOTE: WARM WATER (92°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.
 SIGN-UP for classes to guarantee your place: ParadiseSalonSpaWellness.com → Water Exercise Classes
 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.

Class Description:

Small class sizes, PLEASE SIGN-UP: ParadiseSalonSpaWellness.com → Water Exercise Classes

You may sign-up for any Express class by selecting the HOUR class in the timeslot you want to attend.

Express classes are good for people who are time constrained or significantly out of shape.

Watch free exercise instruction videos: www.YouTube.com/AbilityFix

AI CHI (PAIN RELIEF): Decreases levels of pain; increases caloric consumption; improves oxygen supplies to the body; greater range of motion & ability; increases core & muscle strength; lowers sensations of stress; reduces joint stiffness; improves balance; minimizes problems with anxiety, fatigue, & depression. Ai Chi uses core & diaphragmatic breathing, plus a series of movements performed in a slow, focused, graceful manner. We combine Tai-Chi and Qi Gong with Watsu techniques, while standing in neck depth warm water (92 f). **Ai Chi is the QUIET TIME on the pool schedule.* This class is 55 minutes.

AQUA CARDIO: A full body strength building water workout that pumps up your heart rate. Water exercise equipment is used to increase resistance for greater cardio conditioning. The low impact nature of the class reduces stress on joints and allows you complete control of intensity. This class is 55 minutes.

AQUA CARDIO EXPRESS: 30 minutes of AQUA CARDIO

AQUA GYM CIRCUIT: This HIIT (High Intensity Interval Training) class gives you cardio conditioning PLUS full body muscular strengthening. The circuit uses underwater bikes, treadmills, shoulder machines, trampolines, and arm machines. This class is 55 minutes.

AQUA GYM CIRCUIT EXPRESS: 30 minutes of AQUA GYM CIRCUIT

B.A.D. CORE: (B.A.D. = Back ~ Abs ~ Derrière) Yes, it is PILATES in the pool. Great for your back, belly, butt, knees, hips, improves your balance, etc. Builds core / powerhouse strength & improves range of motion, maximizes flexibility, at a moderate pace. Attention to control, breathing, flowing motion, concentration, centering, precision, routine, and isolation are key principles. This class is in WARM (92 f) water. This class is 55 minutes.

B.A.D. CORE EXPRESS: 30 minutes of B.A.D. CORE

KNEE-HAB EXPRESS: Strengthen & lengthen your low back, hips, glutes, IT band, calves, ankles, and foot muscles to keep your knees stable. The same training protocols apply whether you're healing from a knee injury or trying to prevent knee injuries. This class is 30 minutes.

AQUA-ZUMBA with Rick Jordan, ZIN: This class is **not** a part of Premium Memberships.

Join Rick for an invigorating aquatic exercise party/class integrating the Zumba philosophy with the resistance of water. This format blends it all together into a workout that's cardio, strengthening, toning, and most of all exhilarating beyond belief. Any questions about Aqua-Zumba, contact Rick Jordan at fitontherun1@yahoo.com, or 775-430-2099. Please pay Rick directly, he is an independent associate. This class is 45 minutes.

Private Training Sessions w/Starr Nixdorf, ATRIC: Starr's exercise instruction will zero in on your exact needs, creating a customized program for you. You will save 50% by paying for and scheduling three sessions. *Starr is Aquatic Therapy & Rehab Institute certified (ATRIC #140905049) and certified by the Aquatic Exercise Assoc.*

Personal Training Sessions: Paradise Certified Trainers and Aqua Pros can work with you on your specific concerns. Personal trainers are independent associates during these sessions. Lauren Ware is a certified Franklin Method: Pelvis and Psoas Trainer. Direct your questions about PELVIC POWER TRAINING to Lauren.

Prices & Membership options are on our website.

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.