



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

Therapy Pools Schedule							REV 8/01/2020
(Class Description On Back)							
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		7:15 – 8:00 OPEN SWIM		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 B.A.D. Core	8:15 – 9:15 Aqua Cardio	8:15 – 9:15 B.A.D. Core	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 – 10:30 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	10:45 – 11:15 OPEN SWIM	
11 a.m.	11:30—12:00 Aqua Cardio Express	10:45 – 3:00 OPEN SWIM	11:30—12:00 Aqua Cardio Express	10:45 – 3:00 OPEN SWIM	11:30—12:00 Aqua Gym Express	11:00 – 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 – 5:15 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		3:30 – 4:00 Knee-Hab Express		Aqua Gym Equipment in the Pool
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	New!		
5 p.m.	5:30 – 6:00 OPEN SWIM	5:45 – 6:45 Aqua Cardio	5:15 – 7:00 OPEN SWIM	5:45 – 6:45 Aqua Gym Circuit	5:45 – 6:45 Aqua Zumba w/Rick Jordan	5:00 CLOSED	
6 p.m.	6:00 CLOSED	7:00 CLOSED	7:00 CLOSED	7:00 CLOSED	7:00 CLOSED		
7 p.m.							

We are an adult only facility.

Per current COVID-19 restrictions all services must be reserved. For OPEN SWIM, classes call 883-4434 ext 0 – or – stop by the front desk to make your reservations.

WARM WATER (92'f) times are highlighted in orange. The regular temperature is 86'f.

Bikes, treadmills, trampolines, shoulder machines, and arm bikes are highlighted in green when in the pool.

There is NO Lifeguard on duty. We highly recommend you use the spa facilities with a buddy.

Changing rooms are closed due to COVID-19 orders. For a full list of protocols please see our website.

Class Description:

VERY SMALL CLASSES Call 883-4434 ext 0, or stop by the front desk to RSVP

For complete COVID-19 protocol details see: ParadiseSalonSpaWellness.com/news-blogs/the-latest-news-here

Watch our 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:

- All classes, Open Swim, and sauna sessions must be reserved by front desk staff in person or by phone, based on availability. **You can be put on a waiting list for classes and Open Swim times that are full.**
- Reservations can be rescheduled by front desk staff during business hours, for up to one week into the future with a min. of 12 hours advance notice, based on availability. **Advanced cancelations are greatly appreciated so we can call people on the waiting list.**
- To drop in – call for availability.
- Reservations for classes, Open Swim and sauna sessions must be paid for prior to use or delivery.
- There are no refunds or credits for missed sauna sessions, Open Swim, or class reservations.
- Class times & Open Swim times are subject to change. When you have reservations, we will give you notice.