



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		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	
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 – 3:00 OPEN SWIM	11:30—12:00 Aqua Cardio Express	10:45 – 3:00 OPEN SWIM	11:30—12:00 Aqua Gym Express	9:30 – 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		1:30—3:00 OPEN SWIM		1:30 – 7:00 OPEN SWIM	
2 p.m.						
3 p.m.	3:30 – 4:30 Ai Chi (Pain Relief) QUIET TIME	3:30 – 4:00 Knee-Hab Express	3:30 – 4:30 Ai Chi (Pain Relief) QUIET TIME	3:30 – 4:00 Knee-Hab Express	Aqua Gym Equipment in the Pool	Aqua Gym Equipment in the Pool ALL DAY
4 p.m.	Wait until 4:45 to enter	4:30 – 5:30 Aqua Cardio	4:45 – 5:45 Aqua-Yoga * NEW *	4:30 – 5:30 Aqua Gym Circuit		
5 p.m.	4:45 – 6:00 OPEN SWIM * NEW *	5:45 – 6:45 Aqua Cardio	6:00 – 7:00 OPEN SWIM	5:45 – 6:45 Aqua Gym Circuit		5:00 CLOSED
6 p.m.	6:00 CLOSED					
7 p.m.		7:00 CLOSED	7:00 CLOSED	7:00 CLOSED	7:00 CLOSED	

MAKE RESERVATIONS: Per current COVID-19 controls everything must be reserved. For OPEN SWIM, infrared sauna, AND/OR group wellness classes call 883-4434 ext 0 – or – stop by the front desk.

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

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

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

Changing room occupancy is reduced to one person. For a full list of protocols see our website.

We are an adult only facility.

Class Description:

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

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

Watch our free exercise instruction videos → www.YouTube.com/AbilityFix

AI CHI (STRESS & 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.

AQUA YOGA: Improves balance and breathing patterns; improves flexibility and muscular stability; soothes the nervous system; aids in detoxification by increasing blood circulation; calms the mind and body relieving stress. Aqua Yoga uses the unique forces of water to strengthen and lengthen your body. This class is 55 minutes.

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 _____:

This class is **not** a part of Paradise Memberships.

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. This class is 45 minutes.

Training Sessions w/Starr Nixdorf, ATRIC: Starr's rehab 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., and more.*

Personal Training: Paradise Certified Trainers and Aqua Pros can work with you on your specific concerns. Personal training is performed during Open Swim hours.

Prices & Membership options are on our website: ParadiseSalonSpaWellness.com

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 cancellations are greatly appreciated so we can call people on the waiting list. ****
- To drop in – call for availability. We will book your reservation ASAP.
- Reservations for classes, Open Swim and sauna sessions will be paid for prior to use or delivery.
- There are no refunds or credits for missed sauna, Open Swim, or class reservations.
- Class times & Open Swim times are subject to change. When you have reservations, we will give you notice.**

