



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

Therapy Pools Schedule							REV 01/01/2024
(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 – 7:30 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		
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	9:30 – 4:45 OPEN SWIM	
11 a.m.	11:30—12:00 Knee-Hab Express		11:30—12:00 Knee-Hab Express		11:30—12:00 Knee-Hab Express		
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—3:00 OPEN SWIM		1:30—3:00 OPEN SWIM			Ask at the front desk to have the Pool-Gym equipment relocated for you.	
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	1:30 – 6:45 OPEN SWIM		
4 p.m.		4:30 – 5:30 Aqua Cardio	4:45 – 5:45 Aqua-Yoga	4:30 – 5:30 Aqua Gym Circuit	Pool-Gym Equipment in the Pool		
5 p.m.	4:45 – 5:45 OPEN SWIM	5:45 – 6:45 Aqua Cardio	6:00 – 6:45 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 FOR EVERYTHING, **OPEN SWIM**, group wellness classes, or Infrared Sauna, call 883-4434 ext 0 –or– in person at the front desk. Drop-ins are NOT recommended based on space limits.

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

ARRIVE 15 MIN EARLY FOR AQUA GYM CIRCUIT CLASS. THE STATIONS & H.I.I.T. TIMING WILL CHANGE OFTEN.

Bikes, treadmills, trampolines, shoulder machines, and arm bikes may be in the pool when in green.

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

NEW – M, W, F at 11:30 – Knee-Hab Express classes are replacing Aqua Cardio Express classes as of January 2024.

ABILITY FIX is our fitness app, more info at www.AbilityFix.com

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

VERY SMALL CLASSES Call 883-4434 ext 0, or stop by the front desk to RSVP
Drop-Ins are NOT recommended based on space limits.

Class Description:

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 – you will leave the class at the halfway point.

AQUA GYM CIRCUIT: *Arrive 15 min early for Aqua Gym Circuit to review stations.* This HIIT (High Intensity Interval Training) class gives you cardio conditioning PLUS full body muscular strengthening. The circuit may use underwater bikes, treadmills, shoulder machines, trampolines, and arm machines. 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 in WARM (92 f) water. **Yoga is during the QUIET TIME on the pool schedule.* This class is 55 minutes.

B.A.D. CORE: (B.A.D. = Back ~ Abs ~ Derrière) Yes, it is PILATES in the pool, with a bit of Barre. 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 and 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 and strong. The same training protocols apply whether you're healing from a knee injury or trying to prevent knee injuries. This class is 30 minutes.

Training Sessions w/Starr Nixdorf, ATRIC: Personal fitness training packages available. Starr's rehab exercise instruction will target your exact needs, creating a customized program for you. You will save 25% by paying for & scheduling 3 sessions in a week. This package is good for one week. *Starr is Aquatic Therapy & Rehab Institute certified (ATRIC #140905049), certified by the Aquatic Exercise Assoc., certified Ai Chi Trainer, and more.*

Personal Wellness 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/Memberships

Terms & Conditions:

- a) 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 a class and/or Open Swim time that is full.**
- b) Reservations can be rescheduled by front desk staff during business hours, for up to two weeks into the future with a min. of 12 hours advance notice, based on availability. **Advanced cancelations are appreciated so we can call people on the waiting list.**
- c) To drop in – call for availability. We will book your reservation ASAP.
- d) Reservations for classes, Open Swim and sauna sessions will be paid for prior to use or delivery.
- e) There are no refunds or credits for missed sauna, Open Swim, or class reservations.
- f) **Class times & Open Swim times are subject to change. When you have reservations, we will give you notice.**