



Paddle Board Classes

Class Descriptions:

HIIT the Wave (High Intensity Interval Training) is a total body workout on water! This 45-minute class alternates high energy exercises with strength and conditioning, in the water utilizing a floating platform. While raising your heart rate, you will be firing core stabilizing muscles that often go unused. This class offers a fun new way to challenge your balance and adds a whole new element to your cross training.

CardioWave offers a fun way to elevate your heart rate, and builds strength from head to toe. The instability of water engages core muscles, firing stabilizers and improves balance. This 45-minute class combines basic yoga elements, cardio and strength exercises to ensure a total body workout.

Requirements:

The classes are conducted in a 6 foot deep pool, on a floating paddleboard. You must be able to swim. Please bring a towel, and wear workout clothes that can get wet. Compression pants, board shorts, or other workout attire is appropriate. Please do not wear a swim suit only, and avoid clothing that will become transparent when wet.

Class size is limited! Advance sign-up is recommended (see schedule for process).

Participants must be 18 or older, and a signed release form must be on file with the front office prior to participation.

For more information please contact:

COM Aquatics
432.684.7755



Paddle Board Class Schedule

Effective October 1, 2017

All Classes meet in the FMH Foundation Natatorium

Monday		9:30 am CardioWave	7:15 pm HIIT
Tuesday	5:15am HIIT	9:30 CardioWave	6:45pm HIIT
Wednesday	5:15am HIIT		
Thursday		11:05 – 11:50am CardioWave	6:45pm HIIT
Friday	5:15am HIIT		
Saturday		10:15am HIIT	

Your first class is FREE for adults 18 and over, with a signed waiver.

Class size is limited. To reserve a board if you are a non-member, call COM (432.684.7755 x 101) and reserve a board two hours prior to class starting time; reservations close 20 minutes prior to class time. For 5:15 am classes, phone registration is 5 pm -6:30 pm on the day prior to the class.

Current members of COM's water aerobics program can reserve class times at membership sign up, or by calling COM during normal business hours.

Please arrive 15 minutes early to set up your board. If you are not present 15 minutes prior to class time your board will be made available to walk in participants. See additional class requirements (reverse side).

TO JOIN: Membership rates are \$45/month for one-class-per-week; \$60/month for two-classes-per-week; or \$73/month for up to three classes per week, and includes all member benefits (water classes, access to specialty and land classes, and lap swimming). All rules of membership apply, registration fee is required, see COM front office for terms.

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