South Hospital Aquatic Class & Therapy Schedule
Martin Health and Fitness at the South Hospital
6001 S.E. Tower Rd., Stuart, FL 34997
772.223.5776

**AQUATIC SCHEDULE**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>7:30–8:30 am Deep Core Balance Mary</td>
<td>7:30–8:30 am Liquid Healing Valerie</td>
<td>7:30–8:30 am Aqua Flex Valerie</td>
<td>7:30–8:30 am Aqua Stability Rose</td>
<td>7:30–8:30 am Rusty Hinges Rose</td>
<td>7:30–8:30 am Aqua Flex Rose</td>
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<tr>
<td>8:35–9:25 am Liquid Healing Mimi</td>
<td>8:35–9:25 am Aqua Flex Valerie</td>
<td>8:35–9:25 am Deep Core Balance Mary</td>
<td>8:35–9:25 am Deep Core Balance Rose</td>
<td>8:35–9:25 am Ai Chi Rose</td>
<td>8:35–9:25 am independent Water Therapy</td>
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<tr>
<td>9:30 am–12 pm Rehab (Pool Closed)</td>
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<tr>
<td>12–1 pm Independent Water Therapy</td>
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<td>12:05–12:50 pm Ai Chi Ute</td>
<td>12–1 pm Independent Water Therapy</td>
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<tr>
<td>1–5 pm Rehab (Pool Closed)</td>
<td>1–3:30 pm Rehab (Pool Closed)</td>
<td>1–5 pm Rehab (Pool Closed)</td>
<td>1–3:30 pm Rehab (Pool Closed)</td>
<td>1–4 pm Rehab (Pool Closed)</td>
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<td>5 pm–close Independent Water Therapy</td>
<td>4:15 pm–close Independent Water Therapy</td>
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Visit our website at martinhealth.org/fitness for all programs and services.

- No lap swimming is allowed in the pool.
- Limited to 16 participants
- Temperature avg. 92° F – this is the recommended temperature for low intensity exercise. The classes at this pool are NOT designed to increase your heart rate more than 60% of max. Please see Jensen Beach Aquatic Class Schedule for water aerobics classes.
- **Contraindications** – do not use the pool if:
  - Dialysis patients
  - Multiple Sclerosis
  - Cardiac Issues
  - Pregnant women
  - Metabolic, blood pressure medications
- Aquatic shoes are required during water classes
- All clients using the therapy pool at South Health and Fitness must have a physician’s referral indicating an approval to participate in aquatic therapy.
- Please do not use the pool until rehab patients have left the pool deck.
Aquatic Medical Fitness Classes – Water Temp. Range 91 – 93°F

**Back-Hab**
- **Intensity** – Very low
- **Depth** – Strictly shallow
- **Focus** – A continuation of the exercises recommended by aqua therapy. Movements are restricted to focus on core stabilization and strength, to protect the lower back from injury/pain.

**Liquid Healing**
- **Intensity** – Low to moderate
- **Depth** – Shallow, deep if comfortable
- **Focus** – Slower pace to support core involvement for relief from arthritis, fibromyalgia, and general tightness, using noodles and resistance equipment.

**Aqua Flex**
- **Intensity** – Moderate
- **Depth** – Shallow to deep
- **Focus** – Increase of range of motion, flexibility and balance using noodles and resistance equipment, great for strengthening muscle and connective tissue.

**Rusty Hinges**
- **Intensity** – Moderate
- **Depth** – Shallow
- **Focus** – This class is designed to bring temporary relief of arthritis, muscular and joint pain using slow movements, range of motion activities and flexibility exercises.

**Deep Core Balance**
- **Intensity** – Moderate
- **Depth** – Shallow to deep
- **Focus** – Strengthening the core muscles using two noodles and resistance equipment. Floatation belts are utilized for buoyancy and stability in the deep water.

**Aqua Stability**
- **Intensity** – Moderate
- **Depth** – Shallow
- **Focus** – Strengthening the stabilizing muscles using noodles, balls and resistance equipment.

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<th>Health and Fitness Center Hours</th>
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<td>Mon – Thurs</td>
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