

Water Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am Deep Water Fitness Lap Pool		6:00-7:00am Deep Water Fitness Lap Pool		6:00-7:00am Deep Water Fitness Lap Pool	8:00-9:00am Water Aerobics Lap Pool 8:00-8:55am Yoga Family Pool	
8:30-9:30am Aqua Aerobics Lap Pool		8:30-9:30am Aqua Aerobics Lap Pool		8:30-9:30am Aqua Aerobics Lap Pool		
9:30-10:30am MS Exercise Lap Pool		9:30-10:30am MS Exercise Lap Pool		9:30-10:30am MS Exercise Lap Pool		
10:00-11:00am Arthritis Exercise Family Pool	10:00-11:00am Seniors in Motion Family Pool	10:00-11:00am Arthritis Exercise Family Pool	10:00-11:00am Seniors in Motion Family Pool	10:00-11:00am Arthritis Exercise Family Pool		
10:30-11:30am Bodies in Motion Lap Pool	5:30-6:30pm Deep Water Fitness Lap Pool	10:30-11:30am Bodies in Motion Lap Pool	5:30-6:30pm Deep Water Fitness Lap Pool	10:30-11:30am Bodies in Motion Lap Pool		10:30-11:30am WAVE Lap Pool
6:30-7:30pm Joints in Motion Family Pool			6:30-7:30pm Joints in Motion Family Pool			

Deep Water Fitness- A fun, total body workout in the lap pool using a floatation device in deep water. This class will enhance your endurance as well as improve overall strength and muscle tone.

Seniors in Motion- A great, impact free total body workout in the shallow end of the family pool. This workout is designed to strengthen and tone your entire body, in the warm water.

Aqua Aerobics- This class is for our members who want to stay active as well as improve cardiovascular fitness and muscle tone.

Arthritis Exercise- The warm water of the family pool helps to relax tight muscles and joints, while the exercises strengthen and stretch your whole body.

MS Exercise- Designed specifically for those with Multiple Sclerosis, this class aids in improving range of motion while increasing strength and endurance.

Joints in Motion- The warm water of the family pool is ideal for persons with arthritis, joint or muscle discomfort. Impact free, comfortable class to increase your flexibility and overall fitness.

Water Aerobics- Primarily Deep Water Aerobics. A tough cardio workout that is guaranteed to burn fat and tone.

WAVE- Choreographed class to music that includes cardio, strength and fun for all levels.