

## Water Exercise Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>6:00-7:00am</b> <b>Deep Water Fitness</b> Large Pool		<b>6:00-7:00am</b> <b>Deep Water Fitness</b> Large Pool		<b>6:00-7:00am</b> <b>Deep Water Fitness</b> Large Pool	
					<b>8:00-9:00am</b> <b>Water Aerobics</b> Large Pool
<b>8:30-9:30am</b> <b>Aquaerobics</b> Large Pool	<b>8:30-9:30am</b> <b>Shallow H2O</b> Large Pool	<b>8:30-9:30am</b> <b>Aquaerobics</b> Large Pool	<b>8:30-9:30am</b> <b>Shallow H2O</b> Large Pool	<b>8:30-9:30am</b> <b>Aquaerobics</b> Large Pool	<b>8:00-8:55</b> <b>Yoga</b> Small Pool
<b>9:30-10:30am</b> <b>MS Exercise</b> Large Pool		<b>9:30-10:30am</b> <b>MS Exercise</b> Large Pool		<b>9:30-10:30am</b> <b>MS Exercise</b> Large Pool	
<b>10:00-11:00am</b> <b>Arthritis Exercise</b> Small Pool	<b>10:00-11:00am</b> <b>Seniors in Motion</b> Small Pool	<b>10:00-11:00am</b> <b>Arthritis Exercise</b> Small Pool	<b>10:00-11:00am</b> <b>Seniors in Motion</b> Small Pool	<b>10:00-11:00am</b> <b>Arthritis Exercise</b> Small Pool	
<b>10:30-11:30am</b> <b>Bodies in Motion</b> Large Pool		<b>10:30-11:30am</b> <b>Bodies in Motion</b> Large Pool		<b>10:30-11:30am</b> <b>Bodies in Motion</b> Large Pool	<b>12:15-1:00pm</b> <b>Aqua Zumba</b> Large Pool
	<b>5:15-6:15pm</b> <b>Deep Water</b> Large Pool	<b>5:15-6:15pm</b> <b>Shallow H2O</b> Large Pool	<b>5:15-6:15pm</b> <b>Deep Water</b> Large Pool		
<b>6:30-7:30pm</b> <b>Joints in Motion</b> Small Pool			<b>6:30-7:30pm</b> <b>Joints in Motion</b> Small Pool		

**Deep Water Fitness** - A fun, total body workout in the large pool using a flotation 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 small pool. This workout is designed to strengthen and tone your entire body, in the warm water.

**Aquaerobics** - 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 small 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 small pool is ideal for persons with arthritis, joint or muscle discomfort. Join this impact free, comfortable class to increase your flexibility and overall fitness.

**Shallow H2O**- Invigorating and low-impact shallow water class in the Large Pool.

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