

**WATER FITNESS SCHEDULE**  
(Effective 10/1/2018 – 10/31/2018)

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

**Deep Water Fitness:** A fun, total body workout in the lap pool using floatation devices 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 bod 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 relax tight muscles and joints, while the exercise strengthens and stretches 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.

**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.