

WATER FITNESS SCHEDULE
(Effective 12/3/2018 – 12/31/2018)

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