

**WATER FITNESS SCHEDULE**  
(Effective 7/1/2019 – 8/3/2019)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	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.