

**WATER FITNESS SCHEDULE**  
(Effective 11/3/2019 – 11/30/2019)

Sunday	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 Deep Water Fitness Lap Pool
	8:30-9:30am Aqua Aerobics Lap Pool	8:30-9:15am Aqua Fit Lap Pool	8:30-9:30am Aqua Aerobics Lap Pool	8:30-9:15am Aqua Fit 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	
	10:00-10:45am Arthritis Exercise Family Pool	10:00-11:00am Seniors in Motion Family Pool	10:00-10:45am Water Yoga Family Pool	10:00-11:00am Seniors in Motion Family Pool	10:00-10:45am 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		

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

**Aqua Fit:** A class for people looking for shallow water exercise incorporating cardio, strength and flexibility.

**Arthritis Exercise:** The warm water of the family pool helps relax tight muscles and joints, while the exercise strengthens and stretches your whole body.

**Bodies in Motion:** Utilizing both the deep and shallow ends of the pool, this class will increase your cardiovascular and muscular endurance.

**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.

**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 health.

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

**Seniors in Motion:** A great, impact free total body workout in the warmth of the family pool. This workout is designed to strengthen and tone your entire body.

**Water Yoga:** This shallow-water class is gentle and very low impact that helps create fluid movements in your spine and take all weight off your joints.

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