

WATER FITNESS SCHEDULE
(Effective 01/05/2020 – 02/01/2020)

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.