



WATER FITNESS GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Water Aerobics</u> 5:30 - 6:30am		<u>Water Aerobics</u> 5:30 - 6:30am		<u>Water Aerobics</u> 5:30 - 6:30am	
<u>Water Aerobics</u> 8 - 9 am	<u>Water Aerobics</u> 8 - 9 am	<u>Water Aerobics</u> 8 - 9 am	<u>Water Aerobics</u> 8 - 9 am	<u>Water Aerobics</u> 8 - 9 am	
<u>Water Walking</u> 10 - 11 am		<u>Water Walking</u> 10 - 11 am		<u>Water Walking</u> 10 - 11 am	
	<u>Water Arthritis</u> 11am - 12pm		<u>Water Arthritis</u> 11am - 12pm		
	<u>Water Arthritis/Wellness Combo</u> 12:30 - 1:15 pm		<u>Water Arthritis/Wellness Combo</u> 12:30 - 1:15 pm		
<u>Water Yoga</u> 12:30 - 1:30 pm		<u>Water Yoga</u> 12:30 - 1:30 pm		<u>Water Yoga</u> 12:30 - 1:30 pm	
<u>Water Aerobics</u> 2 - 3 pm		<u>Water Aerobics</u> 2 - 3 pm		<u>Water Aerobics</u> 2 - 3 pm	

- Water Aerobics** - A shallow water workout for swimmers and non-swimmers. Great for endurance, strength and flexibility
- Water Arthritis** - A basic water wellness class that focuses on safe and effective exercise for those with arthritis.
- Water Arthritis / Wellness Combo** - Active gentle activities in warm water that will help you gain strength, flexibility and endurance.
- Water Walking (S Pool)** - A shallow water workout with minimal stress on the joints. Great for cardio and endurance.
- Water Yoga** - A full-body exercise class designed to help you stretch. Yoga poses, balance practice.