



Water Fitness Descriptions

Deep Water

A fun, total body workout in our large pool, using a flotation device in deep water, will enhance your endurance as well as improve overall strength and muscle tone.

Seniors in Motion

A great, impact free, total body workout in the shallow end of the small pool (small pool is 2 ½ ft. to 4.5 ft deep). The workout is specially designed to strengthen and tone your entire body, in the relaxing warm water of our small pool.

Aquaerobics

This class is designed for our members who want to stay active as well as improve their cardiovascular fitness and muscle tone. Much lower impact than regular aerobics classes that are on dry land.

Arthritis Exercise

The warm water of the small pool is ideal for people with arthritis, joint or muscle discomfort. Come out and join this impact free, comfortable class to increase your flexibility and overall general fitness ability.

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 small pool helps to relax those tight muscles and joints, while the exercises strengthen and stretch your whole body.

Shallow H2O

A invigorating, refreshing, and low impact shallow water fitness class in our large pool.

Yoga

The warm water of the small pool helps increase relaxation, flexibility, and strength. Water Yoga will give you better range of motion and core strength due to buoyancy and balance needed to maintain proper yoga positions.

Water Fitness Schedule January 4th to March 31st

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:00-7:00am Deep Water Fitness Large Pool		6:00-7:00am Deep Water Fitness Large Pool		6:00-7:00am Deep Water Fitness Large Pool	
					8:00-9:00am Deep Water Fitness Large Pool
8:30-9:30am Aquaerobics Large Pool	8:30-9:30am Shallow H2O Large Pool	8:30-9:30am Aquaerobics Large Pool	8:30-9:30am Shallow H2O Large Pool	8:30-9:30am Aquaerobics Large Pool	
9:30-10:30am MS Exercise Large Pool		9:30-10:30am MS Exercise Large Pool		9:30-10:30am MS Exercise Large Pool	
	10:00-11:00am Seniors in Motion Small Pool	10:00-11:00am Arthritis Exercise Small Pool	10:00-11:00am Seniors in Motion Small Pool	10:00-11:00am Arthritis Exercise Small Pool	
10:30-11:30am Bodies in Motion Large Pool		10:30-11:30am Bodies in Motion Large Pool		10:30-11:30am Bodies in Motion Large Pool	
		5:30-6:30pm Shallow H2O Large Pool			
	5:30-6:30 pm Deep Water Large Pool		5:30-6:30pm Deep Water Large Pool		
6:30-7:30pm Joints in Motion Small Pool			6:30-7:30pm Joints in Motion Small Pool		