

GROUP FITNESS/WATER CLASS SCHEDULE

This schedule takes effect January 2

MON	TUES	WED	THUR	FRI	SAT	SUN
	6:30-7:30 am		6:30-7:30 am			
	AQUACISE		AQUACISE			
	7:30-8:30 am		7:30-8:30 am			
	AQUACISE		AQUACISE			
8:00-9:00 am		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	
AQUACISE		AQUACISE		AQUACISE	AQUACISE	
	8:30-9:30 am		8:30-9:30 am			
	AQUACISE		AQUACISE			
9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
AQUACISE		AQUACISE		AQUACISE		
		10:00-11:00 am		10:00-11:00 am		10:30-11:30 am
		WATERBALL		WATERBALL		AQUA ZUMBA®
2:00-3:00 pm			2:00-3:00 pm			
ARTHRITIC AQUATIC CLASS			ARTHRITIC AQUATIC CLASS			
6:00-7:00 pm			6:00-7:00 pm			
AQUACISE			AQUACISE			

FREE AQUA DEMO
Friday, January 8
and
Saturday, January 23
See Page 9 for more info

ARTHRITIC AQUATIC CLASS - This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility. The water is a safe, ideal environment for relieving arthritis pain and stiffness.

AQUACISE - Water Aerobics classes which offer a variety of moves in the 'forgiving' environment of WATER!! Cardio, strengthening of core (abs), strength & resistance training and balance & coordination are all a part of a full body workout with our variety of instructors. We offer fitness and fun early-to mid-morning and evening classes to get you moving for a healthy lifestyle, no matter your age or current level of fitness.

AQUA ZUMBA® - Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy, latin and world rhythms with water resistance, for one pool party you don't want to miss!
(Class content subject to change if substitute instructor is needed.)

WATERBALL - Hey all you volleyball fans, come out for a non-competitive, cardio-fun, water volleyball class! Just like playing a regular game of volleyball, but doing it in the pool. A short warm-up and stretch and then let the fun begin!

