

Aquatics Exercise Class Calendar

Effective February 16, 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15AM		Hydro-Fit 60min Lap Pool		Hydro-Fit 60min Lap Pool			
9:30AM						Hydro-Fit 60min Lap Pool	
10:30AM		*Arthritis Aqua 45min WW Pool		*Arthritis Aqua 45min WW Pool			
11:30AM	*Arthritis Aqua 45min WW Pool		*Arthritis Aqua 45min WW Pool		*Arthritis Aqua 45min WW Pool		
12:30PM	*Arthritis Aqua 45min WW Pool		Strength & Stretch 45min WW Pool		Strength & Stretch 45min WW Pool		
5:00PM	*Arthritis Aqua 45min WW Pool		*Arthritis Aqua 45min WW Pool		*Arthritis Aqua 45min WW Pool		
5:30PM		Hydro-Fit 60 min Lap Pool		Hydro-Fit 60 min Lap Pool			
6:00PM	Hydro-Fit 60 min Lap Pool						

Class Descriptions:

AA (Arthritis Aqua) – This warm water class is designed for individuals with mobility challenges such as arthritis, surgery, or joint injuries. It consists of exercises emphasizing range of motion, balance, and mild strengthening exercises.

•A physician's referral is required to participate in this class. If you would like more information, please contact **Audrea Webb** at 431.3927.

STRENGTH & STRETCH – (Beginner to Intermediate) - Using various forms of equipment, this class will offer muscle toning and flexibility training in a warm water setting.

HYDRO-FIT (Intermediate to advanced) – Mid to high intensity aerobics for 40 to 45 minutes is the main focus. Strengthening and toning exercises are emphasized during the last 15-20 minute segment of class.

WW = Warm Water Therapy Pool