



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER EXERCISE SCHEDULE



## CLASS DESCRIPTIONS:

**WaterArthritis** - A basic water wellness class that focuses on safe and effective exercises for those with arthritis.

**WaterYoga** - A full-body exercise class designed to help you stretch and relax.

**Water Wellness** - Designed for those who have limited mobility. This class helps gain strength, flexibility and endurance.

**Water Walking** - A workout in shallow water with minimal stress on the joints. Swimmers and non-swimmers will enjoy this class.

**WaterAerobics** - A shallow water workout for swimmers and non-swimmers. Great for endurance, strength and flexibility.

**Aqua Zumba**-Cardio conditioning , body toning and exhilarating!

**Aqua Bootcamp**-Strenth training and aerobic conditioning with water resistance for an overall body workout.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00–9:00am Water Aerobics Karen North Pool	8:00–9:00am Water Aerobics Jeanette North Pool	8:00 – 9:00am Water Aerobics Karen North Pool	8:00–9:00am Water Aerobics Jeanette North Pool	8:00–9:00am Water Aerobics Kim North Pool	8:30–9:30am Aqua Bootcamp Rebecca South Pool
10:00–11:00am Water Walking Pam North Pool	11:00–12:00am Water Arthritis Laura North Pool	10:00 – 11:00am Water Walking Pam North Pool	11:00–12:00am Water Arthritis Laura North Pool	10:00–11:00am Water Walking Pam North Pool	10:00–11:00am Aqua Zumba Kemberly South Pool
12:30–1:30pm Water Yoga Regina North Pool		12:30–1:30pm Water Yoga Regina North Pool		12:30–1:30pm Water Yoga Regina North Pool	
2:00–3:00pm Water Wellness Pam North Pool		2:00–3:00pm Water Wellness Pam North Pool		2:00–3:00pm Water Wellness Pam North Pool	