FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER EXERCISE SCHEDULE

CLASS DESCRIPTIONS:

Water Arthritis – A basic water wellness class that focuses on safe and effective exercises for those with arthritis.

Water Yoga – 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.

Water Aerobics – 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**	
6:00–7:00pm Water Aerobics **South Pool**		6:00–7:00pm Water Aerobics **South Pool**			