

# Group Fitness Schedule

## Tuesday

### Senior Balance & Strength

11:00a-11:45a

Begins Jan. 16th



### Yoga with Lana 6:15pm-7:00pm



## Wednesday

### Chair Yoga

10:00am- 10:45am



## Thursday

### Tai Chi

11:00a - 11:45a



\*Classroom is located in the Wellness Building next to the Center for Rehab.

## Pool & Land Class Descriptions

- **Aquarobics:** High energy cardio class designed to boost heart rate. Props include aquabells & pool noodles.
- **AquaTone:** Low impact, aquatic class that focuses on toning muscle and increasing flexibility.
- **Gentle Waves:** Energetic, yet low impact class for individuals who are new to exercise.
- **AquaFit:** Multi-level, low-impact water class utilizes aqua dumbbells & water resistance to tone your muscles and strengthen the core.
- **\*Pain Management:** gentle pool exercise designed to enhance the stability of the joints, improve range of motion, maintain normal function, and prevent deconditioning. This is a clinical exercise program & requires a 6-week commitment. **\*Register at front desk**
- **Senior Balance & Strength:** this class is designed for anyone wanting to improve their balance, coordination, and general strength.
- **Yoga with Lana:** Experience a variety of yoga styles in this class suitable for beginner to advanced participants.
- **Chair Yoga:** Chair assisted yoga is a gentle workout for anyone who struggles to get up and down off the floor. All poses are modified.
- **Tai Chi:** this evidence-based practice improves flexibility, muscle strength, aligns posture, improves balance, and integrates the mind and body.



# Aquatics Schedule

\*pool closes 15 minutes before the facility closes.\*

MON	TUE	WED	THU	FRI	SAT
5:00a - 9:00a OPEN SWIM	5:00a - 10:00a OPEN SWIM	5:00a - 9:00a OPEN SWIM		5:00a - 9:00a OPEN SWIM	
9:00a - 9:45a AquaRobics REBECCA		9:00a - 9:45a AquaRobics MARYIA	5:00a - 10:00a OPEN SWIM	9:00a - 9:45a AquaFit SHERYL	8:00a - 10:00a OPEN SWIM
10:00a - 10:45a AquaRobics REBECCA	10:00a - 10:45a AquaTone BETTY	10:00a - 10:45a AquaRobics MARYIA	10:00a - 10:45a AquaTone BETTY	10:00a - 10:45a AquaRobics MARYIA	10:00a - 10:45a AquaRobics MARYIA
10:45a - 12:00p OPEN SWIM	10:45a - 12:00p OPEN SWIM	10:45a - 12:00p OPEN SWIM	10:45a - 12:00p OPEN SWIM		10:45a - 11:45a OPEN SWIM
*12:00p - 12:45p Pain Management SARAH	12:00p - 12:45p Gentle Waves MARYIA	*12:00p - 12:45p Pain Management SARAH	12:00p - 12:45p Gentle Waves MARYIA	10:45a - 2:00p OPEN SWIM	
12:45p - 5:30p OPEN SWIM	12:45p - 5:30p OPEN SWIM	12:45p - 2:00p OPEN SWIM			
		2:00p - 3:00p CLOSED CLASS	12:45p - 5:30p OPEN SWIM	2:00p - 3:00p CLOSED CLASS	
		3:00p - 5:30p OPEN SWIM		3:00p - 6:45p OPEN SWIM	
5:30p-6:15 AquaFit SHERYL	5:30p-6:15 AquaRobics REBECCA	5:30p-6:15 AquaFit SHERYL	5:30p-6:15 AquaRobics Maryia		
6:15p - 6:45p OPEN SWIM	6:15p - 6:45p OPEN SWIM	6:15p - 6:45p OPEN SWIM	6:15p - 6:45p OPEN SWIM		

Begins Jan. 15th



\*Pain Management Class is a clinical program that requires a 6-week introduction including an assessment & education. If interested, register at the front desk.

\*Aqua Classes are cancelled in the event of a lightning storm.

\*Open Swim is not allowed during class times.

\*Monday-Friday, Physical Therapist may conduct rehab at 11am & 1pm