

* PLEASE NOTE NEW Hydro Pilates Class*

AQUATIC CENTER

Fall 2011

Schedule Begins November 1, 2011

WATER FITNESS



**As with any exercise program, you may wish to consult with your doctor
Schedule and instructors subject to change.*

Cost included in your membership. Swim Suits required.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-8:50am Shallow Water Fitness Bernie (lap pool) medium intensity	8:00am-8:50am Arthritis Foundation Program Connie (instructional pool) Low intensity	8:00am-8:50am Shallow Water Fitness Connie (lap pool) medium intensity	8:00am-8:50am Range of Motion Pam (instructional pool) Low intensity	8:00am-8:50am Shallow Water Fitness Bernie (lap pool) medium intensity	
8:00am-8:50am Arthritis Foundation Program Connie (instructional pool) low intensity	8:00am-8:50am Shallow Water Fitness Bernie (lap pool) Medium-high intensity	8:00am-8:50am Range of Motion Pam (instructional pool) low intensity	8:00am-8:50am Hydro-Pilates Julie (lap pool) medium intensity Beginning Nov 17	8:00am-8:50am Arthritis Foundation Program Connie (instructional pool) low intensity	
9:00am-9:50am Deep Water Fitness Bernie (lap pool) medium intensity	9:00am-9:50am Deep Water Fitness Bernie (lap pool) Med-high intensity	9:00am-9:50am Deep Water Fitness Connie (lap pool) medium intensity		9:00am-9:50am Deep Water Fitness Cathy V medium intensity <hr/> 9:00am-9:50am Water Walking Chris	
9:00am-9:50am Arthritis Foundation Program Connie (instructional pool) low intensity	9:00am-9:50am Arthritis Foundation Program Sue (instructional pool) low intensity		9:00am-9:50am Arthritis Foundation Program Sue (instructional pool) low intensity	9:00am-9:50am Arthritis Foundation Program Connie (instructional pool) low intensity	9:00am-9:50am Shallow Water Fitness Sue/Cathy V (lap pool) medium intensity
10:00am-10:50am Water Walking Chris (current channel) medium intensity With music	10:00am-10:50am Water Walking Sue (current channel) medium intensity <hr/> 4:15-5:15pm Hydro-Pilates Julie (current channel)	10:00am-10:50am Water Walking Chris (current channel) medium intensity With Music	10:00am-10:50am Deep Water Fitness Sue (lap pool) medium intensity <hr/> 4:15-5:15pm Hydro-Pilates Julie (current channel)	10:00am-10:50am Water Walking Cathy V (current channel) Med-high intensity	10:00am-10:50am Water Walking Sue/Cathy V (current channel) medium intensity
6:00pm-6:50pm Water Walking Sue (current channel) medium intensity	6:00pm-6:50pm Shallow Water Fitness Chris (leisure pool) high intensity	6:00pm-6:50pm Water Walking Sue (current channel) medium intensity			
7:00pm-7:50pm Deep Water Fitness Sue (lap pool) medium intensity	7:00pm-7:50pm Water Walking Chris (current channel) medium intensity	7:00pm-7:50pm Shallow Water Fitness Sue (leisure pool) medium intensity	7:00pm-7:50pm Shallow Water Fitness Cathy (leisure pool) high intensity		

GUIDELINES: Instructors vary. Class styles vary. Class size may be limited pending on space. Lane use may be necessary at times. If the equipment does not meet your personal requirements, please feel free to bring in your own labeled items. Please note, multiple programs are in session. Aqua shoes recommended. We appreciate your awareness.