



# WATER FITNESS

Effective March 1, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	AQUA FITNESS 9:30- 10:15AM Christina Lap Pool	AQUA FITNESS 9:30- 10:15AM Jenn Lap Pool	**AQUA STRETCH 8:30AM- 9:15AM  or 9:30AM- 10:15AM Noreen Warm Water	AQUA FITNESS 9:30- 10:15AM Christina Lap Pool	AQUA FITNESS 9:30- 10:15AM Christina LAP POOL	AQUA ZUMBA 8:00-8:45AM Laura Lap Pool	AQUA ZUMBA 10:00- 10:45AM Tressa Lap Pool
		AQUA Arthri- tis Class 9:45-10:30am Christina Warm Water Pool					
PM		AQUA FITNESS 7:30-8:15PM Christina Warm Water Pool		<b><i>All of these water fitness classes — except Aqua Arthritis, are included in your membership!</i></b>			

## AQUA ARTHRITIS CLASS

This class uses a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment

**\*Is a fee based class**

## \*\*AQUA STRETCH:

Let the warm water loosen and stretch out your tender muscles; this class is low impact and appropriate for all fitness levels. Let the warm water loosen and stretch out your tender muscles; this class is low impact and appropriate for all fitness levels.

**\*\*Registration is required, stop at the front desk or ask the Aquatics Office for more information. Drop In's are welcome.**

## AQUA ZUMBA:

Join the Zumba "pool party". This class blends everything into a safe, challenging, water based exercise that is body toning and most of all exhilarating!

## AQUA FITNESS:

A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength

