

December 2016 Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | | | 1 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Water Walk BW 10:00 Deep SC (50 Mtr) | 2 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) |
| 5 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 6 8:00 Arthritis LL 9:00 Water Walking LD 10:00 Sr Fitness LD 10:00 Deep SC (50 Mtr) | 7 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 8 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Water Walk BW 10:00 Deep SC (50 Mtr) | 9 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) |
| 12 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 13 8:00 Arthritis LL 9:00 Water Walking LD 10:00 Sr Fitness LD 10:00 Deep SC (50 Mtr) 9:00 Zumba | 14 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 15 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Water Walk BW 10:00 Deep SC (50 Mtr) | 16 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) 9:00 Zumba |
| 19 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 20 8:00 Arthritis LL 9:00 Water Walking LD 10:00 Sr Fitness LD 10:00 Deep SC (50 Mtr) 9:00 Zumba | 21 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 22 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Water Walk BW 10:00 Deep SC (50 Mtr) | 23 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) 9:00 Zumba |
| 26 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 27 8:00 Arthritis LL 9:00 Water Walking LD 10:00 Sr Fitness LD 10:00 Deep SC (50 Mtr) 9:00 Zumba | 28 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) | 29 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Water Walk BW 10:00 Deep SC (50 Mtr) | 30 8:00 Arthritis LL 9:00 Sr. Fitness BK 10:00 Sr. Fitness LD 10:00 Deep SC (50 Mtr) 9:00 Zumba |

Land Fitness Schedule

WHY WATER FITNESS?

Water Fitness is a fun and refreshing change from exercising on land. Water provides buoyancy and support which protects joints and offers a natural massage for the body. Water's continuous resistance helps to increase muscle tone and strength. Our variety of classes gives ample opportunity to improve cardiovascular health, strengthen and tone muscles, reduce stress, and promote an overall sense of health and well-being. We invite you to try our water fitness classes and see for yourself how exercising in the water can benefit you.

Aquatic Class Descriptions (in order from lowest level to highest)

ARTHRITIS: Designed for individuals who suffer from arthritis, are recovering from injury or illness, or those who have difficulty exercising on land. Class focus is stretching, range of motion, and light cardio.

SENIOR FITNESS: This class is one step up from Arthritis. It is designed for those who are looking for more cardio in their workout. Stretching and range of motion will still be included.

WATER WALKING: This class is for individuals looking for cardiovascular exercises with limited impact on joints. Class will focus on walking moves combined with upper body exercises. Great for individuals beginning an exercise program or those looking to vary their workout.

SHALLOW WATER AEROBICS: This is a high-intensity, shallow water aerobics class. While our main focus will be on cardio, we will also incorporate strength training and stretching exercises.

DEEP WATER AEROBICS: This class offers a vigorous, non-impact workout that takes place in the *competition pool* and is entirely in deep water. Belts will be provided for flotation. Participants do not need to know how to swim, but must be comfortable in deep waTER.

Remember:

- * It is always recommended that you consult a physician prior to beginning any exercise program.
- * Read the class descriptions carefully and choose a class that best meets your needs.
- * Arrive to class on time. Arriving late is a distraction to the instructor and other students, and not taking part in the proper warm up could result in injury.
- * Please refrain from excessive talking during class. It is important for both you and the other participants to hear directions from the instructor.
- * Notify the instructor in advance of any special needs you might have. This will allow the instructor to make modifications