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WELLNESS CENTER

Pool Schedule-Winter Session October 22—December 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
8:00	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge
9:00	Silver Splash	Silver Splash	Silver Splash	Silver Splash	Silver Splash
10:00	Light Aerobics	Light Aerobics	Light Aerobics	Light Aerobics	Light Aerobics
11:00	Jointly Speaking	Arthritis	Jointly Speaking	Arthritis	Jointly Speaking
12:00	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
1:00	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
2:00	Water Workout	Positive Mobility	Water Workout	Positive Mobility	Water Workout
3:00	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
4:00	Strength & Flexibility	Pump & Jump	Strength & Flexibility	Pump & Jump	Close at 4:30
5:00	Light Aerobics	Water Workout	Light Aerobics	Water Workout	XX
6:00	Open Pool	Open Pool	Open Pool	Open Pool	XX
7:00	Jointly Speaking	Open Pool	Jointly Speaking	Open Pool	XX

Fitness Room Exercise

Class attendance in the Aerobic Room is limited to 20 participants.

Low Impact/Lower Intensity

Silver Sneakers Classic Mon, Wed, Fri
10:15a-11:00a

Yoga Stretch Fri
11:05a-12:00p
Tues, Thurs
6:00p-6:55p

Lite Aerobics/Stretch & Relax Mon, Wed
11:05a-12:00p

Lite Dance Aerobics Tues, Thurs
10:00a-10:55a

Strength & Balance Tues, Thurs
9:00a-9:55a

Dance Aerobic Tue, Thurs
11:05a-12:00p

Impact/Higher Intensity

Pilates Fit Mon, Wed, Fri
9:05a-10:00a

Aerobics/Tone it up Tues, Thurs
7:00p-7:45p

Moves & Muscles Fri
8:00a-9:00a

Kickboxing Tues, Thurs
3:00p-4:00p

Zumba Step/Toning Mon, Wed, Fri
8:00a-9:00a

Zumba Tues, Thurs
6:15p-7:00p

Pound Fit Tues, Thurs
5:30p-6:15p

Spin with Jen Mon, Wed
5:00p-5:45p

Orientations by appointment only

WELLNESS CENTER HOURS

Monday-Thursday 7:00a—8:00p
Friday 7:00a—4:30p

Fit Tip

The holiday season is here. Take steps to stay healthy during this time of year. Maintain your workouts through the holidays to ease stress and help avoid that dreaded weight gain that happens all too often this time of year.

Good hand washing procedures and hygiene will help avoid illness such as cold and flu. Be sure to take care of your mental health as well by being in touch with family and friends. Staying healthy through the holiday will help jump start those January resolutions.

The pool will be open for open pool only December 17-28. **NO ONE IS ALLOWED IN THE POOL ALONE...so bring a member friend.** The POOL will be closed Dec 31-Jan11. The Fitness Center

including equipment and classes will be closed Jan 1-4 and will reopen Jan 7 as normal.

As the New Year approaches remember exercising with a friend will help keep you motivated and make it more fun. Just a reminder our wellness center is open to ages 35 and older. Bring a friend! We have lots of different classes for all levels of fitness. Have a Happy Healthy Holiday!

*May your Holidays be
Balanced and Bright*



Pool Sign-Up for Winter II Session, (January 14 - March 8) starts **Monday, January 7.** Please pick up registration slips at the front desk prior to sign up. Be sure all medical and waiver paperwork is up-to-date through March.