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WELLNESS CENTER

Pool Schedule— 4th Quarter Sept. 30—Dec. 27

	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	Arthritis	Water Workout	Arthritis	Water Workout
3:00	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
4:00	Strength & Flexibility	Open Pool	Strength & Flexibility	Open Pool	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
- Yoga Chair** Tues, Thurs 10:00a-10:55a
- Lite Aerobics/Stretch & Relax** Mon, Wed 11:05a-12:00p
- Lite Dance Aerobics (chair assist)** Tues, Thurs 10:00a-10:55a
- Floor, Core & More** 9:00a-9:55a
- Dance Aerobic** Tue, Thurs 11:05a-12:00p
- Rock Steady Boxing (Parkinson's Disease)** Mon, Wed 10:00a-10:55a

Impact/Higher Intensity

- Barre Fit** Mon, Wed 6:00p-6:55p
- Pilates Fit** Mon, Wed, Fri 9:05a-10:00a
- Piloxing** Mon, Wed 6:00p-6:55p
- Aerobics/Tone it up** Tues, Thurs 7:00p-7:45p
- Moves & Muscles** Fri 8:00a-9:00a
- Zumba Step/Toning** Mon, Wed, Fri 8:00a-9:00a
- Zumba** Tues, Thurs 6:00p-7:00p
- Pound Fit** Tues, Thurs 5:15p-6:00p
- Early Riser Spin** Mon, Wed 5:30a-6:15a
- 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

an injury. Cross training can also help you get past a plateau and help you reach your fitness goals. We have a variety of classes and numerous pieces of equipment to help with your cross-training needs. Some new additions are the Chair Yoga classes on Tuesday and Thursday at 10:00a in the yoga room. We have introduced Piloxing to our line up on Monday and Wednesday at 6:00p. Piloxing is a combination of boxing, pilates, ballet, dance, and plyometrics. There is music, laughing, bonding, and of course a whole lot of sweating! Be sure to take advantage of all we have to offer!



Fit Tip ~ Benefits of Cross Training

Cross training is using several different types of fitness activities to achieve overall health and fitness. Some of the benefits include reducing the risk of injury due to overuse. By trying different activities, it can reduce the boredom you may have in your workout routine and motivate you to stick with it. By using a different mode of exercise, you can sometimes continue to work out even if you have

Pool Sign-Up for 4th Quarter, (September 30 - December 27) starts **Monday, September 23**. 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 December.