



Water Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9 am	9:00 Water Exercise Lynn	9:00 Water Exercise Lynn	9:00 Water Exercise Debbie	9:00 Water Exercise Debbie	9:00 Water Exercise Kathy
10:15 am	10:15 Water Aerobics Lynn	10:15 Water Aerobics Debbie	10:15 Water Aerobics Debbie	10:15 Water Aerobics Debbie	10:15 Water Aerobics Heidi
11:15 am	11:15 Arthritis Exercise Dawn	11:00 Deep Water Debbie	11:15 Arthritis Exercise Debbie	11:00 Deep Water Debbie	11:15 Arthritis Exercise Heidi
12:00 noon	12:00 Water Aerobics Dawn		12:00 Water Aerobics Dawn		12:00 Water Aerobics Heidi
6:30 pm	6:30 Water Aerobics Sue		6:30 Water Aerobics Sue		
7:00 pm		7:00 Water Aerobics Lynn		7:00 Water Aerobics Lynn	

Water Exercise – An effective exercise program using the water to develop muscle tone and flexibility, while the buoyancy of the water cushions the joints.

Water Aerobics – A cardio and resistance workout in shallow water (waist to chest depth) targeting all fitness levels.

Deep Water – This class consists of non-impact aerobic movements, core stabilization and stretching techniques for all ability levels. Exercise performed in water depths between 4 and 6 feet.

Arthritis Exercise – A low level exercise program designed to increase range of motion, relieve stiffness and restore flexibility.