

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am						
8:15am		D.E.E.P.		D.E.E.P.		
8:30am	H2O 'Robics		H2O 'Robics		H2O 'Robics	
9:15am		Tsunami		Tsunami		
9:50am						Water Works
11:00am	A.F.A.P.		A.F.A.P.		A.F.A.P.	A.F.A.P.
2:00pm	A.F.A.P.		A.F.A.P.		A.F.A.P.	
3:30pm						
4:45pm	Water Works	NatalFit	Water Works	NatalFit		
5:30pm	Water Works	AquaPower	Water Works	AquaPower		
6:30pm	A.F.A.P.		A.F.A.P.			

DESCRIPTIONS

A.F.A.P.: (45 min.) Arthritis Foundation Aquatic Program, “go at your own pace”, very low intensity class to improve or maintain range of motion, flexibility, strength, and functional endurance.

Aqua Power: (60 min.) This challenging class is for those who like their water workouts HARD and music LOUD, Rock & Roll Aqua style.

D.E.E.P.: (45 min.) Diabetes Exercise and Education Program. Water walking, stretching, pre, and post exercise blood glucose monitoring for people with diabetes. Physician's release required.

H2O 'Robics: (45 min.) Enjoy Cardio, Toning, and Abdominal Exercises to improve endurance, flexibility, and strength.

Natal Fit: (45 min.) Low impact/ moderate intensity class for pregnant and postnatal women for maintaining current fitness level. The class follows American College of Obstetrics & Gynecology guidelines for exercise. Obstetrician’s release required.

Tsunami: (30 min.) High intensity cardio workout for those who are used to exercise and/or water exercise. A great 30 minute workout that fits into your busy schedule.

Water Works: (60 min.) Fast- paced, high intensity aerobic class also helps to increase strength and endurance. It is a wonderful way to unwind after a stressful work day.

Please Note the Following:

****If 3 participants are not present within 10 minutes for 45-60 min. classes or 5 min. for 30 min. classes, the class will not meet.***

****Pool and Spa areas close 15 minutes before facility closes.***

****The Pool is closed every Tuesday and Thursday from 1:00-2:00 pm for maintenance.***