

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	Just my Speed		Just my Speed		Just my Speed	
9:50am						Water Works
11:00am	Joyful Joints		Joyful Joints		Joyful Joints	Joyful Joints
2:00pm	Joyful Joints		Joyful Joints		Joyful Joints	
3:30pm						
4:45pm	Water Works	NatalFit	Water Works	NatalFit		
5:30pm	Water Works	AquaPower	Water Works	AquaPower		
6:30pm	Joyful Joints		Joyful Joints			

DESCRIPTIONS

Joyful Joints: (45 min.) A class designed for people with arthritis; increase your range of motion while strengthening muscles and joints. Provides a safe environment to practice balance and increase your heart rate.

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.

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.

Just my Speed: (45 min): Designed to blend cardio and strength exercises into a series of progressions in order to increase and maintain functional mobility. This format provides modifications to accommodate varying illnesses and injuries to ensure participants success.

Aqua S'wet (45 min): This class is designed for participants looking for more of a challenge in their aqua class. Using steps, paddles, and various equipment to challenge the muscles in a new and fun way in order to burn calories fast.

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.**