

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Aqua Arthritis</b> 9:00am-9:40am</p> 	<p><b>Aqua Motion</b> 9:00am-9:50am</p> 	<p><b>Mat Yoga</b> 9:00am-9:50am</p> 	<p><b>Aqua Arthritis</b> 9:00am-9:40am</p> 	<p><b>Aqua Fusion</b> 10:00am-10:40am</p> 
<p><b>Heart Pumping Aerobics</b> 10:00am-10:40am</p>	<p><b>Pilates</b> 10:00am-10:40am</p> 	<p><b>Advanced Aerobics</b> 10:00am-10:40am</p>	<p><b>Pilates</b> 10:00am-10:40am</p> 	<p><b>Heart Pumping Aerobics</b> 10:00am-10:40am</p>
<p><b>Posture &amp; Strength</b> 11:00am-11:40am</p> 	<p><b>Fall Prevention Balance</b> 11:00am-11:40am</p> 	<p><b>Posture &amp; Strength</b> 11:00am-11:40am</p> 	<p><b>Fall Prevention Balance 2</b> 11:00am-11:40am</p> 	<p><b>Seated Yoga</b> 2:00pm-2:50pm</p> 
<p><b>Tai Chi</b> 2:00pm-2:40pm</p> 	<p><b>Bold Moves Parkinson's Class</b> 2:00pm-2:40pm</p>	<p><b>Bold Moves Parkinson's Class</b> 2:00pm-2:40pm</p>	<p><b>Bold Moves Parkinson's Class</b> 2:00pm-2:40pm</p>	<p><b>Saturday</b></p> <p><b>Aqua Aerobics</b> 10:30am-11:10am</p>
				<p><b>Sunday</b></p> <p><b>Aqua Aerobics</b> 2:00pm-2:40pm</p>

## Fitness Center Hours

Monday - Friday from 7:30 am to 4:30 pm.

Saturday 10:00 am – 3:00 pm

Sunday 11:00 am – 4:00 pm

**\*\*Please note the pool closes 1 hour before the Fitness Center\*\***

## Class Descriptions

### Heart Pumping Aerobics *Monday, Friday 10:00 -10:40am* ◇◇

Low impact, moderate intensity exercises designed to improve flexibility, balance, strength and endurance. Equipment used includes hand weights and resistance bands. All levels welcomed

### Advanced Aerobics *Wednesday 10:00 -10:40am* ◇◇◇

Low impact, moderate intensity exercises designed to improve flexibility, balance, strength and endurance. Equipment used includes hand weights and resistance bands. All levels welcomed

### Aqua Arthritis ◇

*Monday, Tuesday, Thursday 9:00am - 9:40am*

A fun low- intensity aquatic class with exercises that will keep you moving. Good for arthritis, joint replacements, post-surgery recovery, and general conditioning. To ensure safety, proper aquatic shoes are necessary.

### Aqua Motion ◇◇

*Friday 9:00am – 9:40am*

*Saturday 10:30am-11:10pm Sunday 2:00-2:40pm*

Low impact moderate intensity balance exercises that improve overall core strength and cardio with the added resistance of water.

### Fall Prevention Balance ◇◇

*Tuesday, Thursday 11:00 - 11:40am*

Designed to strengthen the major muscle groups that affect balance. Class involves body weight exercises that target the core and lower body. Exercises are performed both seated and standing. All levels welcomed.

### Bold Moves (Parkinson's Group) ◇◇

Bold Moves is a specialized program that uniquely caters to the physical, mental and emotional needs of individuals with Parkinson's Disease.

### Pilates ◇◇

*Tuesday, Thursday 10:00 - 10:45am*

Floor exercises on a mat involve core movements and breathing techniques. Great for strengthening your core and improving flexibility. All levels welcomed

### Posture and Strength ◇◇

*Monday, Wednesday 11:00 – 11:40am*

Low impact class focusing on posture, along with strengthening and stretching shoulder and back muscles. Learn correct standing and sitting positions. All levels welcomed

### Seated Yoga ◇

*Friday 2:00 - 2:50pm*

A seated, low intensity yoga class designed to increase flexibility, range of motion while decreasing stress and anxiety. This class is perfect for yoga beginners and those who cannot stand for extended periods of time. All levels welcomed

### Tai Chi ◇

*Monday 2:00 – 2:50pm*

Exercises are composed of slow, deliberate movements, meditation and deep breathing. Tai Chi improves balance, agility, flexibility, and muscle tone. All levels welcomed

◇ = Low Intensity  
◇◇ = Medium Intensity  
◇◇◇ = High Intensity

Questions? Please call the **Fitness Manager**, Charles Bartlett Ext. **2216**