

# Aquacise Schedule

Effective 5/1/10

	Mon	Tue	Wed	Thu	Fri	Sat
7:30a	Cardio & Muscle :60 Rotates		Cardio & Muscle :60 Terry		Cardio & Muscle :60 Rotates	
8:30a	Cardio & Muscle :60 Anita	Cardio & Muscle :60 Heidi	Cardio & Muscle :60 Anita	Cardio & Muscle :60 Roxanne	Cardio & Muscle :60 Heidi	
9:00a						Cardio & Muscle :60 Rotates
9:30a	Ai Chi <b>New!</b> :30 Anita		Aqua Noodle :60 Heather		Aqua Noodle :60 Heather	
10:00a						Toning & Abs <b>New!</b> :30 Rotates
10:30a	Fibro/Arthritis :60 Anita		Fibro/Arthritis :60 Anita		Fibro/Arthritis :60 Heather	
5:45p	Cardio & Muscle :60 Felice	Cardio & Muscle :60 Felice	Cardio & Muscle :60 Larry	Cardio & Muscle :60 Arlene		



## Cardio & Muscle Conditioning

This class is designed for all levels of fitness. Class will give a 30-35 minute cardio segment with 10-15 minutes of toning. The toning segment is designed to strengthen and promote endurance through resistance training.

## Fibro/Arthritis

This aquacise class is designed specifically for those suffering with joint disease. This low impact water class removes the "bounce" while using special movements what emphasize range of motion and flexibility with an aerobic workout.

## Aqua Noodle

This class focuses on cardio exercise and toning using a fun aqua noodle!

## Ai Chi **New!**

A moving meditation in the water. Benefits are achieved through deep breathing and slow broad movements. Look for our handout on Ai Chi at the Front Desk.

## Toning & Abs **New!**

This class can be taken alone or as an extension of the Saturday Cardio & Muscle class. This class is designed to strengthen and promote endurance through resistance training.

The pool is available for Open Swim when no classes are scheduled. Open Swim is allowed during class at the class instructors discretion.

For more information or assistance:

Anita Webb, Aqua Director  
478-1400, ext. 272

= Pool in Use

= Open Swim

