

# Aquatic Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am h2o cardio resistance activity pool	8:30am h2o workout exercise pool	8:30am h2o cardio resistance activity pool	8:30am hydro latin exercise pool	8:30am h2o cardio resistance activity pool	8:30am h2o cardio resistance activity pool	9:30am h2o workout exercise pool
9:30am h2o workout exercise pool	9:30am h2o cardio deep exercise pool	9:30am h2o workout exercise pool	9:30am h2o cardio deep exercise pool	9:30am hydro latin exercise pool	9:30am h2o workout exercise pool	
10:30am h2o core & more 45 therapy pool		10:30am h2o core & more 45 therapy pool		10:30am h2o core & more 45 therapy pool	10:30am pre/post natal exercise pool	
11:15am hydro low therapy pool		11:15am hydro low therapy pool		11:15am hydro low therapy pool		
12:00pm feeling fit with ms exercise pool	12:00pm hydro low therapy pool	12:00pm h2o yoga therapy pool	12:00pm feeling fit with ms exercise pool	12:00pm fluid ballet therapy pool		
1:00pm h2o cardio deep 45 exercise pool	1:00pm h2o walking 45 activity pool	1:45pm arth. fnd. aqua program* therapy pool	12:00pm hydro low therapy pool	1:00pm h2o workout 45 exercise pool		
1:45pm arth. fnd. aqua program* therapy pool	1:45pm arth. fnd. aqua program* therapy pool	6:15pm hydro latin exercise pool	1:00pm h2o walking 45 activity pool			
2:30pm (every other) PREPare for the water 45 therapy pool	4:30pm h2o ripped exercise pool	6:30pm arth. fnd. aqua program* therapy pool	1:45pm arth. fnd. aqua program* therapy pool			Classes recommended for beginners or those trying a class for the first time.
6:15pm h2o workout exercise pool			4:30pm h2o workout exercise pool			
6:30pm arth. fnd. aqua program* therapy pool			6:00pm h2o ripped activity pool			

## Aquatic Fitness Class Descriptions

arthritis foundation aquatic program*	developed by the national arthritis foundation, these gentle exercises are designed to strengthen muscles key to daily activities. increase/maintain joint flexibility & range of motion. (registration required)
feeling fit with ms	an aquatic exercise flexible enough to provide core, strength, balance & gait training or an aerobic workout. instructors are certified by the ms society & work hands-on with participants as needed.
fluid ballet	focus on breathing, core stabilization, toning & balance utilizing smooth ballet-like movements.
h2o cardio deep	a head to toe workout with little to no impact on your hips, knees & ankles. get a high level cardiovascular workout in deep water. buoyancy belts available for use.
h2o cardio push	take h2o cardio resistance to the next level...add a push! join this very challenging cardio & strength class.
h2o cardio resistance	heart pounding, foot stomping, never stop moving, calorie burning shallow water workout with the resistance challenge of the slide's current. a great cross-training opportunity for competing athletes & enthusiasts alike.
h2o core and more 45	strengthen, tighten & tone your core!
h2o ripped	get ripped by strengthening your body from head to toe using the water's natural resistance & water equipment.
h2o walking 45	a low-level, shallow water workout. impact work is great for bone density development/maintenance.
h2o workout	exercises are done in both the shallow & deep water, engaging the core & working the body for strength.
h2o yoga	a gentle series of modified yoga movements strengthening the core muscles, concentration & balance.
hydro latin	high energy & motivating latin music create a fun & effective cardio workout in the water.
hydro low	flowing therapeutic exercise with mild aerobic content in the warm water pool. stretch & improve balance.
PREPare for the water 45	learn & experience the foundations of movement in the water. great for those new to the water.