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WATER FITNESS CLASSES GROUP EXERCISE

- **Water Aerobics Mon - Fri** A shallow water workout for swimmers and non-swimmers. Great for endurance, strength and flexibility.
8am-9am (North Pool & South Pool)
- **Water Walking M/W/F** A workout in shallow water with minimal stress on the joints. Great for Cardio and endurance.
10am-11am (South Pool)
- **Water Arthritis Tues/Thurs** A basic water wellness class that focuses on safe and effective exercises for those with arthritis.
11am-12pm (North Pool)
- **Water Arthritis/Wellness Combo Tues/Thurs** Active gentle activities in warm water, will help you gain strength, flexibility and endurance.
12:30-1:15pm (North Pool)
- **Water Yoga M/W/F** A full-body exercise class designed to help you stretch. Yoga poses - practice balance.
12:30pm-1:30pm (North Pool)
- **Water Aerobics M/W/F** A shallow water workout for swimmers and non-swimmers. Great for endurance, strength and flexibility & cardio
2pm-3pm (North Pool)