














Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		5:15-6:15	Deep Dana No Class 24th			5:15-6:15	CARDIO  Nicole				
9:00-10:00	Deep Jessica No Class 23rd	9:00-10:00	AquaYoga Jessica, TBA 17	9:00-10:00	Deep Becky No Class 25th	9:00-10:00	AquaYoga Jill, No Class 26th	9:00-10:00	Deep Ginger, Becky 20 No Class 27th	9:00-10:00	Deep Alison 7, April 14 Jessica 21 No Class 28th
10:00-11:00	arthritis Debbie	10:00-11:00	 STRENGTH Jessica, TBA 17	10:00-11:00	arthritis Laurann	10:00-11:00	 STRENGTH Jill, No Class 26th	10:00-11:00	arthritis Laurann, No Class 27th	10:00-11:00	Fibro Alison 7, Jessica 21 TBA 14, 28
11:00-12:00	arthritis Debbie	Fitness Center Hours Thanksgiving Day 7am - 2pm		11:00-12:00	arthritis Laurann	 Thanksgiving Holiday Schedule Thursday, November 26 AND Friday, November 27		11:00-12:00	arthritis Laurann, No Class 27th	Lap Pool will be CLOSED Monday, November 23 THRU Sunday, November 29 for Annual Pool Maintenance	
12:00-1:00	CARDIO  Becky, No Class 23rd			12:00-1:00	Shallow April No Class 25th			12:00-1:00	CARDIO  Jill, No Class 27th		
1:00-1:45	 STRENGTH Becky			1:00-1:45	H2O Strength April, TBA 25			1:00-1:45	 STRENGTH Jill, No Class 27th		
		5:30-6:30	CARDIO  Ginger No Class 24th			5:30-6:30	CARDIO  Becky No Class 26th	 St. Mary's HEALTH & FITNESS CENTER 859-7900 Water November 2009			
5:30-6:30	Deep April 2, 16 Betsy 9, 30 No Class 23rd	5:30-6:30	arthritis Alison	5:30-6:30	Deep 45 Jill, No Class 25th	5:30-6:30	arthritis Debbie No Class 26th				
6:30-7:30	Fibro April 2, 16 Betsy 9, 23, 30	6:30-7:30	Deep Ginger, No Class 24th	6:15-7:00	 STRENGTH Jill	6:30-7:30	Deep Becky No Class 26th				
						6:30-7:30	Fibro Debbie No Class 26th				

Water Class Descriptions

Beginners and advanced exercisers welcome in all classes!

arthritis (lifeguard on duty)/ **Almost Arthritis** (no lifeguard on duty) - *This warm water class works on range of motion and muscle strengthening for those who have one of arthritis conditions or other difficult health conditions. In addition to range of motion and strengthening, this class includes a 5-10 minute endurance segment. (60 minutes/Therapy Pool)*

Deep/DEEP 45 - *Designed for those who are comfortable in deep water and want a vigorous workout. This non-impact class uses water resistance to challenge the heart and work the muscles. Flotation devices are used to enable a more advanced workout. The number denotes class times less than 1-hour. (60, 45 minutes /Lap Pool)*

 **STRENGTH** - *Our Water toning class. This class is resistance training and muscle building in the warm water using the AquaGymstick, noodles and dumbbells. Join us for a quick full body burn! (45 minutes/Therapy Pool)*

Cardio  - *Shallow water cardio using the AquaGymstick; includes water strength segments. (60 minutes Lap)*

H20 Strength- *Our water toning class. This is resistance training and muscle building in the warm water using dumbbells, tubing, noodles and the water's resistance. Join us for a quick full body burn! (45 minutes/Therapy Pool)*

shallow - *This class is 60 minutes of cardiovascular training in shallow water. (60 minutes/Lap Pool)*

FIBRO - *This great class empowers those with fibromyalgia through movement and exercise in the warm water therapy pool. (60 minutes/Therapy Pool)*

AquaYoga - *Mind-body class for beginner to advanced levels. Increase your balance, coordination, strength & flexibility while connecting breath with movement in this 45-minute Aquatic Workout (45 minutes/ Therapy Pool).*