














Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		5:15-6:15	<b>Deep</b> Dana			5:15-6:15	<b>CARDIO</b>  Angela 1, 15, 29 Nicole 8, 22				
9:00-10:00	<b>Deep</b> Jessica	9:00-10:00	<b>AquaYoga</b> Shaunee	9:00-10:00	<b>Deep</b> Becky	9:00-10:00	<b>AquaYoga</b> Jill	9:00-10:00	<b>Deep</b> Ginger Becky 16, 30	9:00-10:00	<b>Deep</b> Alison 3, April 10 Becky 17, Ginger 24 TBA 31
10:00-11:00	<b>arthritis</b> Debbie 5 Ginger 12, 19, 26	10:00-11:00	 <b>STRENGTH</b> Jessica	10:00-11:00	<b>arthritis</b> Ginger 7, 14 Laurann 21, 28	10:00-11:00	 <b>STRENGTH</b> Jill	10:00-11:00	<b>arthritis</b> Jackie	10:00-11:00	<b>Fibro</b> Alison 3, Christie 10, 31 Becky 17, Ginger 24
11:00-12:00	<b>arthritis</b> Debbie 5 Ginger 12, 19, 26			11:00-12:00	<b>arthritis</b> Ginger 7, 14 Laurann 21, 28			11:00-12:00	<b>arthritis</b> Jackie		
12:00-1:00	<b>CARDIO</b>  Becky			12:00-1:00	<b>Shallow</b> April, TBA 14			12:00-1:00	<b>CARDIO</b>  Jill		
1:00-1:45	 <b>STRENGTH</b> Shaunee			1:00-1:45	<b>H2O Strength</b> April, TBA 14			1:00-1:45	 <b>STRENGTH</b> Jill		
		5:30-6:30	<b>CARDIO</b>  Ginger, TBA 13			5:30-6:30	<b>CARDIO</b>  Jill 1, 8, 15 Becky 22, 29			 <b>HEALTH &amp; FITNESS CENTER</b> <b>859-7900</b> <b>Water</b> <b>October 2009</b>	
5:30-6:30	<b>Deep</b> April 5, 12 Betsy 19, Becky 26	5:30-6:30	<b>arthritis</b> Alison	5:30-6:15	<b>Deep 45</b> Jill	5:30-6:30	<b>arthritis</b> Debbie 1, 22, 29 TBA 8, 15				
6:30-7:30	<b>Fibro</b> April 5, 12 Betsy 19, Becky 26	6:30-7:30	<b>Deep</b> Ginger	6:15-7:00	 <b>STRENGTH</b> Jill	6:30-7:30	<b>Deep</b> Jill 1, 8, 15 Becky 22, 29				
						6:30-7:30	<b>Fibro</b> Debbie 1, 22, 29 Rhonda 8, 15				

# 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).*