

Group Fitness Schedule

Tuesday Yoga with Lana
6:15pm-7:00pm



Wednesday Chair Yoga
10:00am- 10:45am



Thursday Tai Chi
11:00a - 11:45a



*Classroom is located in the Wellness Building next to the Center for Rehab

Class Descriptions

- **Aquarobics:** High energy cardiovascular class designed to boost heart rate. Props include aquabells and pool noodles (provided)
- **AquaTone:** Low impact, aquatic class that focuses on toning muscle and increasing flexibility. This class seeks to challenge participants while utilizing floatation belts to avoid jarring of joints.
- **Gentle Waves:** Energetic, yet low impact class for individuals who are new to exercise.
- **AquaFit:** Multi-level, low-impact water class utilizes aqua dumbbells & water resistance to tone your muscles and strengthen the core.
- **Tai Chi:** this evidence-based practice improves flexibility, muscle strength, aligns posture, improves balance, and integrates the mind and body.
- **Yoga with Lana:** Experience a variety of yoga styles in this class suitable for beginner to advanced participants.
- **Chair Yoga:** Chair and mat yoga are combined to create a gentle workout for anyone who struggles to get up and down off the floor. All poses are modified.



Aquatics Schedule

pool closes 15 minutes before the facility closes.

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SAT

5:00a - 9:00a OPEN SWIM
9:00a - 9:45a Aquarobics REBECCA
10:00a - 10:45a Aquarobics REBECCA
11:00a - 5:30p OPEN SWIM
5:30p-6:15 AquaFit SHERYL
6:15p - 6:45p OPEN SWIM

5:00a - 10:00a OPEN SWIM
10:00a - 10:45a AquaTone BETTY
11:00a - 12:00p OPEN SWIM
12:00p - 12:45p Gentle Waves MARYIA
1:00p - 5:30p OPEN SWIM
5:30p-6:15 Aquarobics REBECCA
6:15p - 6:45p OPEN SWIM

5:00a - 9:00a OPEN SWIM
9:00a - 9:45a Aquarobics MARYIA
10:00a - 10:45a Aquarobics MARYIA
11:00a - 2:00p OPEN SWIM
2:00p - 3:00p CLOSED CLASS
5:30p-6:15 AquaFit SHERYL
6:15p - 6:45p OPEN SWIM

5:00a - 10:00a OPEN SWIM
10:00a - 10:45a AquaTone BETTY
11:00a - 12:00p OPEN SWIM
12:00p - 12:45p Gentle Waves MARYIA
1:00p - 5:30p OPEN SWIM
5:30p-6:15p Aquarobics MARYIA
6:15p - 6:45p OPEN SWIM

5:00a - 9:00a OPEN SWIM
9:00a-9:45a AquaFit SHERYL
10:00a - 10:45a Aquarobics MARYIA
11:00a - 2:00p OPEN SWIM
2:00p - 3:00p CLOSED CLASS
3:00p - 6:45p OPEN SWIM

8:00a - 10:00a OPEN SWIM
10:00a - 10:45a Aquarobics MARYIA
10:45a - 11:45a OPEN SWIM

*Aqua Classes are cancelled in the event of a lightning storm.

*Open Swim is not allowed during class times.

*Monday-Friday, Physical Therapist may conduct rehab at 11am & 1pm