

# September 2018 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p><u>1<sup>st</sup></u>  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 9:45am-12:00pm  <b>Water Aerobics CC – Pool</b>            9:30-10:15am</p>
<p><u>3<sup>rd</sup></u>  <b>Closed in            Observance of            Labor Day</b></p>	<p><u>4<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>5<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>6<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>7<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>8<sup>th</sup></u>  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 9:45am-12:00pm  <b>Water Aerobics CC – Pool</b>            9:30-10:15am</p>
<p><u>10<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>11<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>12<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>13<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>14<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>15<sup>th</sup></u>  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 9:45am-12:00pm  <b>Water Aerobics CC – Pool</b>            9:30-10:15am</p>
<p><u>17<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>18<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>19<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>20<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>21<sup>st</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>22<sup>nd</sup></u>  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 9:45am-12:00pm  <b>Water Aerobics CC – Pool</b>            9:30-10:15am</p>
<p><u>24<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>25<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>26<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>27<sup>th</sup></u>  <b>**Rock Steady Boxing CC – Event B</b>            9:30-11:00am  <b>Senior Circuit CC – Gym</b>            2:00-2:45pm  <b>Open Swim CC – Pool</b>            8:00am-5:45pm &amp; 6:30-7:00pm  <b>Aquatic Splash CC – Pool</b>            5:45-6:30pm</p>	<p><u>28<sup>th</sup></u>  <b>Water Aerobics CC – Pool</b>            9:00-9:45am &amp; 10:00-10:45am  <b>Arthritis CC – Pool</b>            11:00-11:45am  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 11:45a-7:00pm</p>	<p><u>29<sup>th</sup></u>  <b>Open Swim CC – Pool</b>            8:00-9:00am &amp; 9:45am-12:00pm  <b>Water Aerobics CC – Pool</b>            9:30-10:15am</p>

## Fitness & Aquatic Center Hours

Monday-Friday: 8:00am-7:00pm

Saturday: 8:00am-12:00pm

Closed Sunday

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## Class Descriptions

**Water Aerobics** – Consists of cardiovascular and muscle conditioning segments in shallow pool. Water buoyancy provides extra support for back or knee problems.

**Arthritis** – A shallow water exercise program proven to help you live better with arthritis. Suitable for every fitness level. Reduce pain and stiffness while increasing strength, flexibility and endurance.

**Aquatic Splash** – Full body water workout set to fun, upbeat music designed to increase range of motion, cardiovascular conditioning, strength and coordination.

**Senior Circuit** – This circuit class will provide a full body workout helping with balance, strength, and flexibility. Each station will have an exercise incorporating a different piece of gym equipment.

**Rock Steady** – Non-contact, boxing-inspired fitness curriculum specifically designed for people with Parkinson's disease (PD). **\*\*Assessment is required prior to class participation.**

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Sam Eberle | Assistant Manager

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