

November 2018 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1st</u> **Rock Steady Boxing CC – Event B 9:30-11:00am Senior Circuit CC – Gym 2:00-2:45pm Open Swim CC – Pool 8:00am-5:45pm & 6:30-7:00pm Aquatic Splash CC – Pool 5:45-6:30pm	<u>2nd</u> Water Aerobics CC – Pool 9:15-10:00am & 10:15-11:00am Arthritis CC – Pool 11:15am-12:00pm Open Swim CC – Pool 8:00-9:00am & 12:00-7:00pm	<u>3rd</u> Open Swim CC – Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC – Pool 9:30-10:15am
<u>5th</u> Water Aerobics CC – Pool 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis CC – Pool 11:15am-12:00pm Open Swim CC – Pool 12:00pm-7:00pm	<u>6th</u> **Rock Steady Boxing CC – Event B 9:30-11:00am Senior Circuit CC – Gym 2:00-2:45pm Open Swim CC – Pool 8:00am-5:45pm & 6:30-7:00pm Aquatic Splash CC – Pool 5:45-6:30pm	<u>7th</u> Water Aerobics CC – Pool 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis CC – Pool 11:15am-12:00pm Open Swim CC – Pool 12:00pm-7:00pm	<u>8th</u> **Rock Steady Boxing CC – Event B 9:30-11:00am Senior Circuit CC – Gym 2:00-2:45pm Open Swim CC – Pool 8:00am-5:45pm & 6:30-7:00pm Aquatic Splash CC – Pool 5:45-6:30pm	<u>9th</u> Water Aerobics CC – Pool 9:15-10:00am & 10:15-11:00am Arthritis CC – Pool 11:15am-12:00pm Open Swim CC – Pool 8:00-9:00am & 12:00-7:00pm	<u>10th</u> Open Swim CC – Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC – Pool 9:30-10:15am
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<u>26th</u> Water Aerobics CC – Pool 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis CC – Pool 11:15am-12:00pm Open Swim CC – Pool 12:00pm-7:00pm	<u>27th</u> **Rock Steady Boxing CC – Event B 9:30-11:00am Senior Circuit CC – Gym 2:00-2:45pm Open Swim CC – Pool 8:00am-5:45pm & 6:30-7:00pm Aquatic Splash CC – Pool 5:45-6:30pm	<u>28th</u> Water Aerobics CC – Pool 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis CC – Pool 11:15am-12:00pm Open Swim CC – Pool 12:00pm-7:00pm	<u>29th</u> **Rock Steady Boxing CC – Event B 9:30-11:00am Senior Circuit CC – Gym 2:00-2:45pm Open Swim CC – Pool 8:00am-5:45pm & 6:30-7:00pm Aquatic Splash CC – Pool 5:45-6:30pm	<u>30th</u> Water Aerobics CC – Pool 9:15-10:00am & 10:15-11:00am Arthritis CC – Pool 11:15am-12:00pm Open Swim CC – Pool 8:00-9:00am & 12:00-7:00pm	

Fitness & Aquatic Center Hours

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

Saturday: 8:00am-12:00pm

Closed Sunday

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.**

Stephanie Moynihan | Fitness Center Manager

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