April 2019 Group Exercise Schedule



		Wednesday.			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u> </u>	2 nd **Rock Steady Boxing <i>CC – Event B</i> 9:30-11:00am Lap Swim <i>CC – Pool</i> 12:00-2:00pm Senior Circuit <i>CC - Gym</i> 2:00-2:45pm	<u>3</u> rd Water Aerobics <i>CC - Pool</i> 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis <i>CC - Pool</i> 11:15am-12:00pm Open Swim <i>CC - Pool</i>	4 th **Rock Steady Boxing <i>CC</i> – <i>Event B</i> 9:30-11:00am Lap Swim <i>CC</i> – <i>Pool</i> 12:00-2:00pm Senior Circuit <i>CC</i> - <i>Gym</i> 2:00-2:45pm	<u></u>	<u>6th</u> Open Swim <i>CC – Pool</i> 8:00-9:30am & 10:15am-12:00pm Water Aerobics <i>CC – Pool</i> 9:30-10:15am
12:00pm-7:00pm	Open Swim <i>CC – Pool</i> 8am-12pm, 2-5:45pm & 6:30-7pm Aquatic Splash <i>CC – Pool</i> 5:45-6:30pm 9 th	12:00pm-7:00pm	Open Swim <i>CC – Pool</i> 8am-12pm, 2-5:45pm & 6:30-7pm Aquatic Splash <i>CC – Pool</i> 5:45-6:30pm 11 th	12 th	13 th
Water Aerobics <i>CC</i> - <i>Pool</i> 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis <i>CC</i> - <i>Pool</i> 11:15am-12:00pm Open Swim <i>CC</i> - <i>Pool</i> 12:00pm-7:00pm	**Rock Steady Boxing <i>CC – Event B</i> 9:30-11:00am Lap Swim <i>CC – Pool</i> 12:00-2:00pm Senior Circuit <i>CC - Gym</i> 2:00-2:45pm Open Swim <i>CC – Pool</i> 8am-12pm, 2-5:45pm & 6:30-7pm Aquatic Splash <i>CC – Pool</i> 5:45-6:30pm	Water Aerobics <i>CC - Pool</i> 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis <i>CC - Pool</i> 11:15am-12:00pm Open Swim <i>CC - Pool</i> 12:00pm-7:00pm	**Rock Steady Boxing <i>CC</i> – <i>Event B</i> 9:30-11:00am Lap Swim <i>CC</i> – <i>Pool</i> 12:00-2:00pm Senior Circuit <i>CC</i> - <i>Gym</i> 2:00-2:45pm Open Swim <i>CC</i> – <i>Pool</i> 8am-12pm, 2-5:45pm & 6:30-7pm Aquatic Splash <i>CC</i> – <i>Pool</i> 5:45-6:30pm	Water Aerobics <i>CC</i> - <i>Pool</i> 9:15-10:00am & 10:15-11:00am Arthritis <i>CC</i> - <i>Pool</i> 11:15am-12:00pm Open Swim <i>CC</i> – <i>Pool</i> 8:00-9:00am & 12:00-7:00pm	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>22nd</u> Water Aerobics <i>CC - Pool</i> 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis <i>CC - Pool</i> 11:15am-12:00pm Open Swim <i>CC - Pool</i> 12:00pm-7:00pm	23 rd **Rock Steady Boxing CC – Event B 9:30-11:00am Lap Swim CC – Pool 12:00-2:00pm Senior Circuit CC - Gym 2:00-2:45pm Open Swim CC – Pool 8am-12pm, 2-5:45pm & 6:30-7pm Aquatic Splash CC – Pool 5:45-6:30pm	<u>24th</u> Water Aerobics <i>CC</i> - <i>Pool</i> 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis <i>CC</i> - <i>Pool</i> 11:15am-12:00pm Open Swim <i>CC</i> - <i>Pool</i> 12:00pm-7:00pm	<u>25th</u> **Rock Steady Boxing <i>CC</i> – <i>Event B</i> 9:30-11:00am Lap Swim <i>CC</i> – <i>Pool</i> 12:00-2:00pm Senior Circuit <i>CC</i> - <i>Gym</i> 2:00-2:45pm Open Swim <i>CC</i> – <i>Pool</i> 8am-12pm, 2-5:45pm & 6:30-7pm Aquatic Splash <i>CC</i> – <i>Pool</i> 5:45-6:30pm	<u>26th</u> Water Aerobics <i>CC - Pool</i> 9:15-10:00am & 10:15-11:00am Arthritis <i>CC - Pool</i> 11:15am-12:00pm Open Swim <i>CC - Pool</i> 8:00-9:00am & 12:00-7:00pm	<u>27th</u> Open Swim <i>CC – Pool</i> 8:00-9:30am & 10:15am-12:00pm Water Aerobics <i>CC – Pool</i> 9:30-10:15am
<u>29th</u> Water Aerobics <i>CC - Pool</i> 8:15-9:00am; 9:15-10:00a; 10:15-11:00am Arthritis <i>CC - Pool</i> 11:15am-12:00pm Open Swim <i>CC - Pool</i> 12:00pm-7:00pm	<u>30th</u> **Rock Steady Boxing <i>CC</i> – <i>Event B</i> 9:30-11:00am Lap Swim <i>CC</i> – <i>Pool</i> 12:00-2:00pm Senior Circuit <i>CC</i> - <i>Gym</i> 2:00-2:45pm Open Swim <i>CC</i> – <i>Pool</i> 8am-12pm, 2-5:45pm & 6:30-7pm Aquatic Splash <i>CC</i> – <i>Pool</i> 5:45-6:30pm				

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). **<u>Assessment is required prior to class participation.</u>