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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| \_\_\_\_1st \_\_\_**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 | \_\_\_ 2nd \_\_\_**\*\*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 | \_\_\_\_ 3rd \_\_\_**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 | \_\_\_\_4th \_\_\_**Closed in Observance of Independence Day**C:\Users\hts10\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A2R1QNCG\american-flag-clip-art-waving-waves[1].pngC:\Users\hts10\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A2R1QNCG\american-flag-clip-art-waving-waves[1].pngC:\Users\hts10\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A2R1QNCG\american-flag-clip-art-waving-waves[1].png | \_\_\_\_5th \_\_\_**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 | \_\_\_\_6th \_\_\_**Open Swim** *CC – Pool*8:00-9:30am & 10:15am-12:00pm**Water Aerobics** *CC – Pool*9:30-10:15am |
| \_\_\_\_8th \_\_\_**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 | \_\_\_ 9th \_\_\_**\*\*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 | \_\_\_\_ 10th \_\_\_**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 | \_\_\_\_11th \_\_\_**\*\*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 | \_\_\_\_12th \_\_\_**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 | \_\_\_\_13th \_\_\_**Open Swim** *CC – Pool*8:00-9:30am & 10:15am-12:00pm**Water Aerobics** *CC – Pool*9:30-10:15am |
| \_\_\_\_15th \_\_\_**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 | \_\_\_\_16th \_\_\_**\*\*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 | \_\_\_\_17th \_\_\_**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 | \_\_\_\_18th \_\_\_**\*\*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 | \_\_\_\_19th \_\_\_**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 | \_\_\_\_20th \_\_\_**Open Swim** *CC – Pool*8:00-9:30am & 10:15am-12:00pm**Water Aerobics** *CC – Pool*9:30-10:15am |
| \_\_\_\_22nd \_\_\_**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 | \_\_\_\_23rd \_\_\_**\*\*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 | \_\_\_\_24th \_\_\_**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 | \_\_\_\_25th \_\_\_**\*\*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 | \_\_\_\_26th \_\_\_**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 | \_\_\_\_27th \_\_\_**Open Swim** *CC – Pool*8:00-9:30am & 10:15am-12:00pm**Water Aerobics** *CC – Pool*9:30-10:15am |
| \_\_\_\_29th \_\_\_**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 |  \_\_\_\_30th \_\_\_**\*\*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 | \_\_\_\_31st \_\_\_**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 |  |  |  |

 

**July 2019** **Group Exercise Schedule**

Stephanie Moynihan | Fitness Center Manager

Sam Eberle | Assistant Manager

Email: fitnesscenter@compasspark.org | Phone: (317) 868-8012

**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.***