

September 2019 Group Exercise Schedule

Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th	Saturday 7 th
<p>Closed in Observance of Labor Day</p>	<p>**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</p>	<p>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</p>	<p>**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</p>	<p>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</p>	<p>Open Swim CC – Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC – Pool 9:30-10:15am</p>
<p>9th 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</p>	<p>10th **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</p>	<p>11th 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</p>	<p>12th **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</p>	<p>13th 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</p>	<p>14th Open Swim CC – Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC – Pool 9:30-10:15am</p>
<p>16th 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</p>	<p>17th **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</p>	<p>18th 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</p>	<p>19th **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</p>	<p>20th 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</p>	<p>21st Open Swim CC – Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC – Pool 9:30-10:15am</p>
<p>23rd 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</p>	<p>24th **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</p>	<p>25th 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</p>	<p>26th **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</p>	<p>27th 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</p>	<p>28th Open Swim CC – Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC – Pool 9:30-10:15am</p>
<p>30th 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</p>					

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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