

November 2019 Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>1st</u> Water Aerobics CC - Pool 9:15-10:00am Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 8:00-9:00am & 12:00-7:00pm	<u>2nd</u> Open Swim CC - Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC - Pool 9:30-10:15am (Sam)
<u>4th</u> Water Aerobics CC - Pool 8:15-9:00am & 9:15-10:00a Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 12:00pm-7:00pm	<u>5th</u> **Rock Steady Boxing CC - Event B 9:30-11:00am 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 Pool	<u>6th</u> Water Aerobics CC - Pool 8:15-9:00am & 9:15-10:00a Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 12:00pm-7:00pm	<u>7th</u> **Rock Steady Boxing CC - Event B 9:30-11:00am 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>8th</u> Water Aerobics CC - Pool 9:15-10:00am Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 8:00-9:00am & 12:00-7:00pm	<u>9th</u> Open Swim CC - Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC - Pool 9:30-10:15am (Cheryl)
<u>11th</u> Water Aerobics CC - Pool 8:15-9:00am & 9:15-10:00a Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 12:00pm-7:00pm	<u>12th</u> **Rock Steady Boxing CC - Event B 9:30-11:00am 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>13th</u> Water Aerobics CC - Pool 8:15-9:00am & 9:15-10:00a Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 12:00pm-7:00pm	<u>14th</u> **Rock Steady Boxing CC - Event B 9:30-11:00am 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>15th</u> Water Aerobics CC - Pool 9:15-10:00am Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 8:00-9:00am & 12:00-7:00pm	<u>16th</u> Open Swim CC - Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC - Pool 9:30-10:15am (Cheryl)
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<u>25th</u> Water Aerobics CC - Pool 8:15-9:00am & 9:15-10:00a Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 12:00pm-7:00pm	<u>26th</u> **Rock Steady Boxing CC - Event B 9:30-11:00am 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>27th</u> Water Aerobics CC - Pool 8:15-9:00am & 9:15-10:00a Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 12:00pm-7:00pm	Closed in Observance of Thanksgiving Day	<u>29th</u> Water Aerobics CC - Pool 9:15-10:00am Water Aerobics Cardio CC - Pool 10:15-11:00am Arthritis CC - Pool 11:15am-12:00pm Open Swim CC - Pool 8:00-9:00am & 12:00-7:00pm	<u>30th</u> Open Swim CC - Pool 8:00-9:30am & 10:15am-12:00pm Water Aerobics CC - Pool 9:30-10:15am (Bj)

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.**

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