

# December 2019 Group Exercise Schedule

Monday 2 <sup>nd</sup>	Tuesday 3 <sup>rd</sup>	Wednesday 4 <sup>th</sup>	Thursday 5 <sup>th</sup>	Friday 6 <sup>th</sup>	Saturday 7 <sup>th</sup>
<b>Water Aerobics</b> CC - Pool 8:15-9:00am & 9:15-10:00a <b>Water Aerobics Cardio</b> CC - Pool 10:15-11:00am <b>Arthritis</b> CC - Pool 11:15am-12:00pm <b>Open Swim</b> CC - Pool 12:00pm-7:00pm	<b>**Rock Steady Boxing</b> CC - Event B 9:30-11:00am <b>Senior Circuit</b> CC - Gym 2:00-2:45pm <b>Open Swim</b> CC - Pool 8am-12pm, 2-5:45pm & 6:30-7pm <b>Aquatic Splash</b> CC - Pool 5:45-6:30pm Pool	<b>Water Aerobics</b> CC - Pool 8:15-9:00am & 9:15-10:00a <b>Water Aerobics Cardio</b> CC - Pool 10:15-11:00am <b>Arthritis</b> CC - Pool 11:15am-12:00pm <b>Open Swim</b> CC - Pool 12:00pm-7:00pm	<b>**Rock Steady Boxing</b> CC - Event B 9:30-11:00am <b>Senior Circuit</b> CC - Gym 2:00-2:45pm <b>Open Swim</b> CC - Pool 8am-12pm, 2-5:45pm & 6:30-7pm <b>Aquatic Splash</b> CC - Pool 5:45-6:30pm	<b>Water Aerobics</b> CC - Pool 9:15-10:00am <b>Water Aerobics Cardio</b> CC - Pool 10:15-11:00am <b>Arthritis</b> CC - Pool 11:15am-12:00pm <b>Open Swim</b> CC - Pool 8:00-9:00am & 12:00-7:00pm	<b>Open Swim</b> CC - Pool 8:00-9:30am & 10:15am-12:00pm <b>Water Aerobics</b> CC - Pool 9:30-10:15am
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## Fitness & Aquatic Center Hours

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

Saturday: 8:00am-12:00pm

Closed Sunday

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## 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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