

# January 2020 Group Exercise Schedule

Monday	Tuesday	Wednesday <u>1<sup>st</sup></u>	Thursday <u>2<sup>nd</sup></u>	Friday <u>3<sup>rd</sup></u>	Saturday <u>4<sup>th</sup></u>
		<b>Closed in Observance of New Year's Day</b>	<b>**Rock Steady Boxing CC – Event B</b> 9:30-11:00am <b>Senior Circuit CC – Gym</b> 2:00-2:45pm <b>Open Swim CC – Pool</b> 8am-5:45pm & 6:30-7pm <b>Aquatic Splash CC – Pool</b> 5:45-6:30pm Pool	<b>Water Aerobics CC – Pool</b> 9:15-10:00am <b>Water Aerobics Cardio CC – Pool</b> 10:15-11:00am <b>Arthritis CC – Pool</b> 11:15am-12:00pm <b>Open Swim CC – Pool</b> 8:00-9:00am & 12:00-7:00pm	<b>Open Swim CC – Pool</b> 8:00-9:30am & 10:15am-12:00pm <b>Water Aerobics CC – Pool</b> 9:30-10:15am
<u>6<sup>th</sup></u> <b>Water Aerobics CC – Pool</b> 8:15-9:00am & 9:15-10:00a <b>Water Aerobics Cardio CC – Pool</b> 10:15-11:00am <b>Arthritis CC – Pool</b> 11:15am-12:00pm <b>Open Swim CC – Pool</b> 12:00pm-7:00pm	<u>7<sup>th</sup></u> <b>**Rock Steady Boxing CC – Event B</b> 9:30-11:00am <b>Senior Circuit CC – Gym</b> 2:00-2:45pm <b>Open Swim CC – Pool</b> 8am-5:45pm & 6:30-7pm <b>Aquatic Splash CC – Pool</b> 5:45-6:30pm Pool	<u>8<sup>th</sup></u> <b>Water Aerobics CC – Pool</b> 8:15-9:00am & 9:15-10:00a <b>Water Aerobics Cardio CC – Pool</b> 10:15-11:00am <b>Arthritis CC – Pool</b> 11:15am-12:00pm <b>Open Swim CC – Pool</b> 12:00pm-7:00pm	<u>9<sup>th</sup></u> <b>**Rock Steady Boxing CC – Event B</b> 9:30-11:00am <b>Senior Circuit CC – Gym</b> 2:00-2:45pm <b>Open Swim CC – Pool</b> 8am-5:45pm & 6:30-7pm <b>Aquatic Splash CC – Pool</b> 5:45-6:30pm Pool	<u>10<sup>th</sup></u> <b>Water Aerobics CC – Pool</b> 9:15-10:00am <b>Water Aerobics Cardio CC – Pool</b> 10:15-11:00am <b>Arthritis CC – Pool</b> 11:15am-12:00pm <b>Open Swim CC – Pool</b> 8:00-9:00am & 12:00-7:00pm	<u>11<sup>th</sup></u> <b>Open Swim CC – Pool</b> 8:00-9:30am & 10:15am-12:00pm <b>Water Aerobics CC – Pool</b> 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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