February 2020 Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd	4 th	5 th	6 th	7 th	8 th
Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	Open Swim CC – Pool
8:15-9:00am & 9:15-10:00a	9:30-11:00am	8:15-9:00am & 9:15-10:00a	9:30-11:00am	9:15-10:00am	8:00-9:30am & 10:15am-12:00pm
Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Water Aerobics CC – Pool
10:15-11:00am	2:00-2:45pm	10:15-11:00am	2:00-2:45pm	10:15-11:00am	9:30-10:15am
Arthritis CC - Pool	Open Swim CC – Pool	Arthritis CC - Pool	Open Swim CC – Pool	Arthritis CC - Pool	
11:15am-12:00pm	8am-5:45pm & 6:30-7pm	11:15am-12:00pm	8am-5:45pm & 6:30-7pm	11:15am-12:00pm	
Open Swim CC – Pool	Aquatic Splash CC – Pool	Open Swim CC – Pool	Aquatic Splash CC – Pool	Open Swim CC – Pool	
12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	8:00-9:00am & 12:00-7:00pm	
10 th	11 th	12 th	13 th	14 th	15 th
Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	Open Swim CC – Pool
8:15-9:00am & 9:15-10:00a	9:30-11:00am	8:15-9:00am & 9:15-10:00a	9:30-11:00am	9:15-10:00am	8:00-9:30am & 10:15am-12:00pm
Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Water Aerobics CC – Pool
10:15-11:00am	2:00-2:45pm	10:15-11:00am	2:00-2:45pm	10:15-11:00am	9:30-10:15am
Arthritis CC - Pool	Open Swim CC – Pool	Arthritis CC - Pool	Open Swim CC – Pool	Arthritis CC - Pool	
11:15am-12:00pm	8am-5:45pm & 6:30-7pm	11:15am-12:00pm	8am-5:45pm & 6:30-7pm	11:15am-12:00pm	
Open Swim CC - Pool	Aquatic Splash CC – Pool	Open Swim CC - Pool	Aquatic Splash CC – Pool	Open Swim CC – Pool	
12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	8:00-9:00am & 12:00-7:00pm	
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17 th	18 th	19 th	20 th	21 st	22 nd
Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	Open Swim CC – Pool
8:15-9:00am & 9:15-10:00a	9:30-11:00am	8:15-9:00am & 9:15-10:00a	9:30-11:00am	9:15-10:00am	8:00-9:30am & 10:15am-12:00pm
Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Water Aerobics CC – Pool
10:15-11:00am	2:00-2:45pm	10:15-11:00am	2:00-2:45pm	10:15-11:00am	9:30-10:15am
Arthritis CC - Pool	Open Swim CC – Pool	Arthritis CC - Pool	Open Swim CC – Pool	Arthritis CC - Pool	
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Open Swim CC – Pool	Aquatic Splash CC – Pool	Open Swim CC – Pool	Aquatic Splash CC – Pool	Open Swim CC – Pool	
12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	8:00-9:00am & 12:00-7:00pm	
24 th	25 th	26 th	27 th	28 th	29 th
Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	**Rock Steady Boxing CC – Event B	Water Aerobics CC - Pool	Open Swim CC – Pool
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Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Senior Circuit CC - Gym	Water Aerobics Cardio CC - Pool	Water Aerobics CC – Pool
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Open Swim CC – Pool	Aquatic Splash CC – Pool	Open Swim CC – Pool	Aquatic Splash CC – Pool	Open Swim CC – Pool	
12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	12:00pm-7:00pm	5:45-6:30pm <i>Pool</i>	8:00-9:00am & 12:00-7:00pm	

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.