

WATER EXERCISE SCHEDULE

Summer Schedule 2009 June 15 – Aug. 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00–9:00 am WOUW Norlene	8:30-9:30 am Aqua Flex Bernita & Staff	8:00-9:00 am WOUW Norlene	8:30-9:30 am Aqua Flex Bernita & Staff	8:00-8:30 am ABC Norlene	8:30-9:30 am Splash Bash Char & Staff	
9:00-9:45 am Kick & Pump Norlene	9:30-10:30 am Water Exercise Mary Ann	9:00-9:45 am Kick & Pump Norlene	9:30-10:30 am Water Exercise Mary Ann	8:30-9:00 am TNT Norlene	9:35-10:35am Water Exercise Mary Ann	
9:45-10:25 am TNT Norlene		9:45-10:25 am TNT Norlene		9:00-9:30 am TGIF Norlene		
5:30-6:30 pm Fit 4 Two Janet						
6:45-7:45 pm Splash Bash Cynthia & Staff	6:00-7:00 pm Aqua Flex Bernita	6:45-7:45 pm Kick & Pump Sheri & Staff	6:00-7:00 pm Kick & Pump Char & Staff	6:30-8:30 pm Family Swim		3:30-5:30 pm Family Swim
				9:00-10:00 pm Pool Rentals Are occasionally scheduled during this time. Please contact Service Desk for rental schedule.		

Pool workouts provide weightlessness thus enabling you to do High Impact moves with no stress to the joints. The real bonus is the cooling effect & the natural water working all major muscle groups while increasing range of motion & flexibility. In order to ensure safety for all members when 12 members are in class the 2nd lane line will be moved. 2 lanes will be available for lap swimming.
Thank you for your cooperation.

DESCRIPTIONS

Shaded classes require pre-registration (extra fee)	
> Fit 4 Two: Special class focusing on safe and effective pre and postnatal workout in the water	
ABC WOUW Aqua Flex Splash Bash Water Exercise TNT Kick & Pump Thank God It's Friday (TGIF)	<p style="text-align: center;"><i>The Following Classes Do Not Require Pre-Registration.</i></p> <ul style="list-style-type: none"> - Aquatic Boot Camp, high energy aerobic workout with strength skills - Adjustable weights utilizing over and under water strength drills. - Class includes patterns to increase range of motion and muscle strength. - Hi-Low variety workout to increase muscle strength and toning. - Class includes exercises to tone and improve your flexibility. - Hand weights, water bells, tubes, to strengthen muscles, tighten and tone. - Class includes Hi-Lo moves. Benefits of water bells, noodles to strengthen and tone. - Jump start the weekend with this variety clas

In order to ensure the best workout for all members, please refrain from talking or side conversations during scheduled class times. We appreciate your cooperation.