

WATER EXERCISE SCHEDULE

Winter Schedule 12/15/09 – 3/15/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00–9:00 am Rise & Shine Norlene	8:30-9:30 am Aqua Flex Bernita & Staff	8:00-9:00 am Rise & Shine Norlene	8:30-9:30 am Aqua Flex Bernita & Staff	8:00-8:30 am TGIF Norlene	8:30-9:30 am Kick & Pump Char & Staff	
9:00-9:45 am Splash Bash Norlene	9:30-10:30 am Water Exercise Mary Ann	9:00-9:45 am Splash Bash 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 ABC Norlene		9:45-10:25 am ABC Norlene		9:00-9:30 am Kick & Pump Norlene		
5:30-6:30 pm Fit 4 Two Janet						
6:45-7:45 pm Cardio Pump Char & Staff	6:00-7:00 pm Aqua Flex Bernita	6:45-7:45 pm Kick & Pump Sheri & Staff	6:00-7:00 pm ABC Char & Staff	6:30-8:30 pm Family Swim		3:30-5:30 pm Family Swim
	7:15-8:45pm Masters Swim Clinic Megan		7:15 – 8:45pm Masters Swim Clinic Megan	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

<p>Shaded classes require pre-registration (extra fee)</p> <ul style="list-style-type: none"> ➤ Fit 4 Two: Special class focusing on safe and effective pre and postnatal workout in the water ➤ Masters Swim Clinic: A combination of expert instruction and pool workouts that will help you improve your swimming skills. 		
<table style="width: 100%; border: none;"> <tr> <td style="width: 30%; vertical-align: top; padding-right: 10px;"> <p>ABC Rise & Shine Aqua Flex Splash Bash Water Exercise TNT Kick & Pump Thank God It's Friday (TGIF) Cardio Pump</p> </td> <td style="vertical-align: top;"> <p><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 - Early morning basic keep fit class. Water walking and flexibility patterns. - 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 fun class with lots of variety exercises. - Improve endurance with water running moves plus water bells exercises for toning. </td> </tr> </table>	<p>ABC Rise & Shine Aqua Flex Splash Bash Water Exercise TNT Kick & Pump Thank God It's Friday (TGIF) Cardio Pump</p>	<p><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 - Early morning basic keep fit class. Water walking and flexibility patterns. - 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 fun class with lots of variety exercises. - Improve endurance with water running moves plus water bells exercises for toning.
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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.