

# Group Fitness & Pool Schedule

## Updated April 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Water Aerobics (Advanced) 45 Min.	SilverSplash®	Water Aerobics (Advanced) 45 Min.	SilverSplash®	Water Aerobics (Advanced) 45 Min.	Water Aerobics (Beginners) 45 min.
9:30 am	Water Volleyball 45 Min.	Water Volleyball 45 Min.	Water Volleyball 45 Min.	Water Volleyball 45 Min.	Water Volleyball 45 Min.	
2:30-3:30 pm	Fit-Kid Swim	Fit-Kid Swim	Fit-Kid Swim	Fit-Kid Swim	Fit-Kid Swim	
3:30-5:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
5:00 pm	Water Aerobics (Beginners) 45 min.		Water Aerobics (Beginners) 45 min.			
6:00 pm		Water Kickboxing (Advanced) 45 Min.		Water Kickboxing (Advanced) 45 Min.		
<b>Group Fitness Classes</b>						
8:30 am	CardioCircuit® (SilverSneakers)		CardioCircuit® (SilverSneakers)		CardioCircuit® (SilverSneakers)	
10:00 am	MSROM® (SilverSneakers)	YogaStretch® (SilverSneakers)	MSROM® (SilverSneakers)	MSROM® (SilverSneakers)	YogaStretch® (SilverSneakers)	
11:30 am			Zumba		Zumba	

**Water Aerobics** The pool just might be the only place where you can do cardiovascular work, toning and stretching without even feeling like you've broken a sweat! It is one of the most effective and safe ways to get yourself into shape. Beginner & Advanced classes.

**Zumba®** Join the party! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. So much fun, it doesn't even feel like a workout.

**SilverSneakers® MSROM - Muscular Strength & Range of Movement** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® YogaStretch** YogaStretch will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SilverSplash®** Activate your aqua urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.



Find your strength in numbers

