



# Group Fitness & Pool Schedule

## January 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am	Water Aerobics <i>Whitney</i>	Water Aerobics <i>Whitney</i>	Water Aerobics <i>Whitney</i>	Water Aerobics <i>Whitney</i>	Water Aerobics <i>Whitney</i>	<b>8:30 AM</b> Water Aerobics
2:30-4:00 pm	Fit-Kid Swim	Fit-Kid Swim	Fit-Kid Swim	Fit-Kid Swim	Fit-Kid Swim	<b>Public Swim:</b> 9:30am-12 pm
4:15 pm	Water Aerobics <i>Meka</i>		Water Aerobics <i>Meka</i>			<b>Pool Closed at</b> <b>12:00 pm</b>
6:00 pm		Water Kickboxing <i>Hope</i>		Water Kickboxing <i>Hope</i>		
<b>The pool is available for Open Swim anytime there is no activity scheduled</b>						
<b>Group Fitness Classes</b>						
8:15 am	CardioBLAST <i>Danah</i>				CardioBLAST <i>Danah</i>	
9:30 am		SilverSneakers® CardioCircuit® <i>Cherrie</i>		SilverSneakers® CardioCircuit® <i>Cherrie</i>		
10:30 am	SilverSneakers® MSROM® <i>Cherrie</i>	SilverSneakers® YogaStretch® <i>Cherrie</i>		SilverSneakers® MSROM® <i>Cherrie</i>	SilverSneakers® YogaStretch® <i>Cherrie</i>	
11:30 am	Zumba <i>Sandra</i>			Zumba <i>Sandra</i>		
4:15 pm		CardioBLAST <i>Danah</i>		CardioBLAST <i>Danah</i>		
4:15 pm Ages 10-14	Tween Hip-Hop <i>Kacee</i>	Tween Circuit Workout	Tween Hip-Hop <i>Kacee</i>	Tween Circuit Workout		
5:30 pm		Yoga-Flow <i>Meka</i>		Yoga-Flow <i>Meka</i>		

**Water Aerobics (45Min)** 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.

**SilverSneakers (45 Min)** A variety of exercises to increase muscular strength, range of motion, and flexibility to meet the needs of the active older adults using weights, elastic tubing and balls. A chair is provided if needed.

**Yoga Flow (60 Min)** A mixture of Yoga, Pilates, strength & balance.

**CardioBLAST (60 Min)** Basic to advanced cardio mixed with a BLAST of muscle confusion for both upper & lower body results.

**Tween Hip Hop (45 Min)** A "fitness dance party" for ages 10 to 14...Work out and have fun plus NO GROWN-UPS allowed!

**ZUMBA! (60 Min)** Use Latin Beats for a fun total body workout, dance your way to fitness!