



# Water Aerobics / Arthritis Exercise Schedule

Schedule: January Through April 2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:45 a.m. Arthritis Exercise Warm Pool						<p>Looking to vary your work out? Check out our LAND AEROBICS schedule!</p>
7:30-7:45 a.m. Water Weight Resistance Warm Pool		7:00-7:30 a.m. Arthritis Exercise Warm Pool		7:00-7:30 a.m. Arthritis Exercise Warm Pool		
8:00-8:45 a.m. Arthritis Exercise Warm Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool	7:30-7:45 a.m. Water Weight Resistance Warm Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool	7:30-7:45 a.m. Water Weight Resistance Warm Pool		
8:00-9:00 a.m. Morning Fitness Lap Pool	9:30-10:30 a.m. Deep Water Power Pump Lap Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool	9:30-10:30 a.m. Deep Water Power Pump Lap Pool	8:00-8:45 a.m. Arthritis Exercise Warm Pool		
		8:00-9:00 a.m. Morning Fitness Lap Pool		8:00-9:00 a.m. Morning Fitness Lap Pool	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p>ALL WATER AEROBICS CLASSES ARE FREE WITH A YMCA MEMBERSHIP</p> </div>	
5:15-6:00 p.m. Arthritis Exercise Warm Pool		5:15-6:00 p.m. Arthritis Exercise Warm Pool				
		6:15-7:00 p.m. Deep Water Power Pump Lap Pool				
6:15-7:00 p.m. Deep Water Power Pump Lap Pool						
<p><b>Class Description</b></p> 	<p><b>Arthritis Exercise</b> - Arthritis Foundation water workouts presented by a certified Arthritis Foundation Instructor. This recreational program includes exercises to improve the participant's overall function and performance of daily task, mobility, gait, independence, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling.</p> <p><b>Deep Water Power Pump</b> - High intensity total body conditioning - cardiovascular and muscular strengthening, toning and stretching all in deep water. This class provides an opportunity to perform exercises without straining. Great for circulation and improving overall fitness and well being. Flotation belts and water resistance equipment will be used.</p> <p><b>Morning Fitness</b> - Start your days off right with a great, fun workout! Aerobic conditioning is what this class is all about.</p>					