




**Winter 2 Class Schedule
 will be out
 January 3rd!**

SENIOR GROUP EXERCISE SCHEDULE

Winter 2 Class Schedule: January and February 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:45 a.m. Arthritis Exercise Warm Pool		7:00-7:45 a.m. Arthritis Exercise Warm Pool		7:00-7:45 a.m. Arthritis Exercise Warm Pool	7:30-8:15 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	8:00-8:45 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	
8:15 - 9:00 a.m. Silver Sneakers Group Exercise Studio	8:00 - 8:30 a.m. A.O.A. Group Exercise Studio	9:30 - 10:30 a.m. SilverSplash© Lap Pool	8:00 - 8:30 a.m. A.O.A. Group Exercise Studio		
	8:30 - 9:15 a.m. Silver Sneakers Group Exercise Studio		8:30 - 9:15 a.m. Silver Sneakers Group Exercise Studio		
	12:30 - 1:30 p.m. Body Recall Group Exercise Studio		12:30 - 1:30 p.m. Body Recall Group Exercise Studio		
5:15-6:00 p.m. Arthritis Exercise Warm Pool		5:15-6:00 p.m. Arthritis Exercise Warm Pool			



Arthritis Exercise - 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.

Silver Sneakers - The nations leading exercise program for older adults. Silver Sneakers is a fun energetic class that takes place on land and focuses on strengthening and toning muscles and bones using handweights and exercise bands.

SilverSplash© - Silver Splash is the water exercise version of the popular Silver Sneakers land class. Students will work on Strengthening and toning muscles using exercises in the Lap Pool.

A.O.A.- Active Older Adults -

Body Recall - A physical fitness program for adults who wish to improve muscle tone and flexibility or for persons in a recuperative phase.

