



## AQUA CLASSES

**Ai Chi** – Similar to Tai Chi but is performed in the Therapy Pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility and experience the deep relaxation that promotes sleep.

**Aqua Aerobics** – Splash into this low impact cardio and conditioning class! Instructors use the latest aqua-based techniques to provide a high-energy workout that is easy on the joints. Bar bells and noodles are also used for upper-body and core training. All fitness levels are welcome!

**Aqua Boot Camp** – Get stronger and leaner without impact on joints! More challenging version of our aqua classes, boot camp works on maximum calorie burning, strength training, and core development. Use the resistance of the water, and various types of equipment to reach your fitness goals! All fitness levels welcome!

**Aqua Yoga** – Arthritis foundation based yoga designed to increase joint range of motion, build muscle strength and reduce pain and stiffness.



# Aqua Classes

Oct. 31-Dec. 18, 2011

All classes are MULTI-LEVEL and held in the Lap Pool or Warm Water Therapy Pool.

MONDAY	9:00-10:00a	Aqua Aerobics	Lap Pool	<u>Lora</u>
	11:00-11:45a	Ai Chi	Therapy Pool	Ali/Dori
	5:30-6:30p	Aqua Aerobics	Lap Pool	Kris
TUESDAY	9:00-10:00a	Aqua Aerobics	Lap Pool	Diane
	9:00-9:50a	Aqua Yoga	Therapy Pool	Louise
WEDNESDAY	9:00-10:00a	Aqua Aerobics	Lap Pool	<u>Tracey</u>
	5:30-6:30p	Aqua Aerobics	Lap Pool	Susan
THURSDAY	9:00-10:00a	Aqua Aerobics	Lap Pool	Diane
	6:00-7:00p	Aqua Boot Camp	Lap Pool	Tracey
FRIDAY	9:00-10:00a	Aqua Aerobics	Lap Pool	<u>Marlo</u>
	11:00-11:45a	Ai/Chi	Therapy Pool	Ali/Dori
	6:00-7:00p	Aqua Aerobics	Lap Pool	Tracey
SATURDAY	6:15-8:15a	Tri-Training Group (**registration/fee)		Kate S.
	9:00-10:00a	Aqua Aerobics	Lap Pool	Tracey
SUNDAY	9:00-10:00a	Aqua Aerobics	Lap Pool	Jody/Tracey Kris/Kathy



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