



Happy Thanksgiving



November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am-10am Water Works	9am-10:00am Hydro Fit	9am-10am Water Works	9am-10:00am Hydro Fit	9am-10am Water Works
10am-11am Hydro Fit	Therapeutic Pilates 9:30am-10:15am	10am-11am Hydro Fit	Therapeutic Pilates 9:30am-10:15am	10am-11am Hydro Fit
11am-12pm Hydro Blast	Body Core Class 10:30am-11am	11am-12pm Hydro Blast	Body Core Class 10:30am-11am	11am-12pm Hydro Blast
11am-12pm Joint Fitness	Basic Stretch 11:15am-11:45am	11am-12pm Joint Fitness	Basic Stretch 11:15am-11:45am	11am-12pm Joint Fitness
1:30pm-2pm CardioFun	Get Some Balance 2pm-3pm & 3pm-4pm	1:30pm-2pm CardioFun	Get Some Balance 2pm-3pm & 3pm-4pm	1:30pm-2pm CardioFun
2:15pm-2:45pm Functional Strength	3pm-4pm Breath of Fresh Air	2:15pm-2:45pm Functional Strength	3pm-4pm Breath of Fresh Air	2:15pm-2:45pm Functional Strength
3pm-4pm Breath of Fresh Air	Water Works 4pm-5pm	3pm-4pm Breath of Fresh Air	Water Works 4pm-5pm	3pm-4pm Breath of Fresh Air



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Class Descriptions

A Breath of Fresh Air: A monitored exercise program focusing on the individual with pulmonary and/or cardiac disorders. (Fitness Center)

Body Core Class: Abdominal, hip, and low back exercise for improving adult balance, strength, and posture. (Wellness Classroom)

Basic Stretch: 30 minutes of flexibility exercise in a relaxing atmosphere utilizing floor mats to increase range of motion. (Wellness Classroom)

Cardiofun: Aerobic movements to music utilizing rhythmic combinations to increase cardiovascular endurance. (Wellness Classroom)

Functional Strength: Resistance exercise focusing on all major muscle groups to increase muscular strength and endurance. (Wellness Classroom)

Get Some Balance: This is a 12 week exercise program with a goal of increasing overall strength and balance confidence. (Wellness Classroom)

Joint Fitness: This Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. (Wellness Classroom)

Therapeutic Pilates: Exercise to mobilize and strengthen the hips, abdomen, and back enhancing balance and control of movement. (Wellness Classroom)

Water Works: This Arthritis Foundation Aquatic Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. (Therapy Pool)

Hydro Fit: Moderate level aquatic fitness class focusing on strength and cardiovascular exercise followed by cool down utilizing balance and range of motion exercises. (Therapy Pool)

Hydro Blast: Our highest level aquatic fitness class using similar exercises to Hydro Fit but at a more vigorous pace. (Therapy Pool)

