



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AQUATICS EXERCISE CLASS SCHEDULE

All classes can be adapted for any fitness level.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:45a. Water Complete Martha		7:00-7:45a. Water Complete Martha		7:00-7:45a. Water Complete Martha	
8:30- 9:30a. Water Complete Charlotte		8:30- 9:30a. Water Complete Charlotte		8:30-9:30a. Water Complete Charlotte	9:00-10:00a. Water Complete Michelle
10:00-10:45a. Movement for Motion Susan		10:00-10:45a. Movement for Motion Susan		10:00-10:45a. Movement for Motion Susan	
11:00a.-noon Water Complete Michelle		11:00a.-noon Water Complete Michelle		11:00a.-noon Water Complete Michelle	

CLASS:	DESCRIPTION:
Water Complete	Work your body from head to toe with cardiovascular, strength, and flexibility exercise. This class is perfect for all levels with low impact modifications for all exercises.
Movement for Motion	Gently work your entire body with special emphasis on range of motion, core strength, and balance. This is perfect for those with arthritis and other rehabilitative needs.

Chairlift available, water temperature 84-86 degrees, shallow pool, lifeguard on duty at-all-times. Water shoes are recommended.
 (Effective 9/9/19)