

# WATER FITNESS

## FALL SESSION 2018

### October 21-December 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
H <sub>2</sub> O INTERVAL 6:00-6:45 am Corky		H <sub>2</sub> O INTERVAL 6:00-6:45 am Corky			
WATER FITNESS CHALLENGE 9:00-9:45 am	WATER FITNESS 9:00-9:45 am	WATER FITNESS CHALLENGE 9:00-9:45 am	WATER FITNESS 9:00-9:45 am	WATER FITNESS CHALLENGE 9:00-9:45 am	WATER FITNESS 9:00-9:45 am
*MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66		*MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66		*MS/ARTHRITIS "PLUS" 9:50-10:35 am \$22/\$66	
WATER FITNESS 10:40-11:25 am	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am	WATER FITNESS 10:40-11:25 am	ACTIVE OLDER ADULT WATER FITNESS 10:40-11:25 am	WATER FITNESS 10:40-11:25 am	
*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm Gwen	*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$16/\$48 11:30 am-12:15 pm	*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm Gwen	*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$16/\$48 11:30 am-12:15 pm	*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 11:30 am-12:15 pm	
ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm	SILVER SNEAKERS SPLASH 1:00-1:45 pm	ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm	SILVERS SNEAKERS SPLASH 1:00-1:45 pm	ACTIVE OLDER ADULT WATER FITNESS 2:00-2:45 pm	
*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil		*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil		*ARTHRITIS WATER EXERCISE (THERAPY POOL) \$22/\$66 5:00-5:45 pm Phil	
WATER FITNESS 6:30-7:15 pm		AQUA ZUMBA 6:30-7:15 pm Lori			

Water Fitness classes and Arthritis programs are held in the Lap Pool unless otherwise noted. Programs listed in the shaded boxes require registration and fee. Member price/non-member price. Classes and Programs with consistent low enrollment may be cancelled.

Updated 10/11/18