



## Water Fitness Classes

### Guidelines for Classes

- All participants must check in at the front member service desk upon entering the building.
- While in the water participants must socially distance of 6' from each other while not wearing masks. Wearing masks in the water is not recommended.
- Unvaccinated participants must be prepared to wear a mask once out of the water on deck and in the locker room.
- Shower before entering the pool.
- Street Shoes are NOT allowed on the pool deck.

**Morning Water Fitness:** Is a moderate to high level cardiovascular workout. This low impact workout is designed to work every muscle group. The water's buoyancy decrease stress on hips, knees, ankles and feet. Great workout for any age.

**Evening Water Fitness:** Slice it and dice it for maximal cardio intensity. This fast paced shallow water class combines a variety of fitness moves and equipment to work all muscle groups to provide strengthening and toning. A great class to burn those calories!

**Water Arthritis:** Classes follow the guidelines for the Arthritis Foundation, provide exercises for mobility, flexibility and stretching. These classes are designed for those with arthritis, MS and related conditions. Classes cover movements to strengthen posture, balance, core strengthening, range of motion, and flexibility.

**Deep Water Workout:** Is an advanced class that focuses on posture, coordination, and range of motion while strengthening the core. Swimming skills are not required, although comfort in the deep water is a must!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30-9:15 am</b>	Water Fitness	Water Arthritis	Water Fitness	Water Arthritis	Water Fitness
<b>9:30-10:15 am</b>	Water Arthritis		Water Arthritis		Water Arthritis
<b>12:00-1:00 pm</b>	Praise in the	Water Fitness	Praise in the	Water Fitness	Praise in the
<b>5:30-6:30 pm</b>	Deep Water Fitness	Water Fitness	Aquatic HIIT	Water Fitness	

*Please note: The pool will be divided to allow 3 or 4 lanes for water exercise classes at the scheduled time, depending on class size. The other 2 or 3 will be open for lap swimming.*