

WATER AEROBICS SCHEDULE

PLEASE SIGN IN AT FRONT DESK BEFORE CLASS

Updated 04/20/2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 AM Water Aerobics -JODI-		5:45 AM Water Aerobics -KRISTINA-		5:45 AM Water Aerobics -KRISTINA-
7:30 AM Water Aerobics -KRIS-		7:30 AM Water Aerobics -KRISTINA-		7:30 AM Water Aerobics -KRISTINA-
9:30 AM Water Aerobics -JENNIFER B.-	9:30 AM Water Aerobics - JENNIFER B. - MEN	9:30 AM Water Aerobics -DAWNAELLE-	9:30 AM Water Aerobics - JEN B. /KELLY - MEN	9:30 AM Water Aerobics - -
11:00 AM Water Aerobics -JENNIFER B.-		11:00 AM Water Aerobics -JENNIFER J.-		11:00 AM Water Aerobics -KRISTINA-
12:30 PM Water Aerobics -KATIE-		12:30 PM Water Aerobics -KRIS -		12:30 PM Water Aerobics -KIM -
3:45 PM Water Aerobics -JENNIFER J.-		3:45 PM Water Aerobics -KELLY-		
5:30 PM Water Aerobics -JENNIFER B.-		5:30 PM Water Aerobics -KIP-		5:30 PM Water Aerobics -KIP-
6:30 PM Water Aerobics -JENNIFER B.-		6:30 PM Water Aerobics -KIM-		

EVERY CLASS IS APPROPRIATE FOR ALL FITNESS LEVELS!

Shallow Water – 45 minute of **LOW IMPACT** aerobics meant to help improve strength, flexibility, balance, coordination, and posture.

Deep Water – 45 minute of **NO IMPACT** aerobics using buoyancy belts and water weights. Deep water allows for total submergence, relieving pressure on the joints. It is also meant to help improve strength, flexibility, balance, coordination, and posture.