



WATER EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7AM-8AM	POWER WAVES		POWER WAVES		POWER WAVES
8AM-9AM	Arthritis Water Exercise		Arthritis Water Exercise		Arthritis Water Exercise
9AM-10AM	Arthritis Water Exercise		Arthritis Water Exercise		Arthritis Water Exercise
10AM-11AM	Arthritis Water Exercise	POWER WAVES	Arthritis Water Exercise	POWER WAVES	Arthritis Water Exercise

Arthritis Water Exercise- Designed to benefit those with arthritis and other joint and mobility issues.

Power Waves- An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength, and flexibility.