

AQUATIC FITNESS SCHEDULE

M o n d a y	Ai Chi (9:00-10:00am) Healthy Joint (10:15-11:00am) Aqua Aerobics (11:15-12:00pm) Aqua Core (1:00-1:45pm) Aqua Exercise for Arthritis (2:15-3:00pm) * Aqua Aerobics (5:30 - 6:15pm)
T u e s d a y	Aqua Exercise for Arthritis (8:45 - 9:30am) * Brain, Body, Balance (10:00 - 10:45am) Aqua Exercise for Arthritis (12:00 - 12:45pm)*
W e d n e s d a y	Ai Chi (9:00-10:00am) Healthy Joint (10:15-11:00am) Aqua Aerobics (11:15-12:00pm) Aqua Core (1:00-1:45pm) Aqua Exercise for Arthritis (2:15-3:00pm) * Aqua Aerobics (5:30 - 6:15pm)
T h u r s d a y	Aqua Exercise for Arthritis (8:45 - 9:30am) * Brain, Body, Balance (10:00 - 10:45am) Aqua Exercise for Arthritis (12:00 - 12:45pm)*
F r i d a y	Ai Chi (9:00-10:00am) Healthy Joint (10:15-11:00am) Aqua Aerobics (11:15-12:00pm) Aqua Core (1:00-1:45pm) Aqua Aerobics (5:30 - 6:15pm)

LAND FITNESS SCHEDULE

M o n d a y	Seated Fitness (10:00am - 10:30am)
T u e s d a y	Falls Prevention (10:30 - 11:00am) Tai Chi (11:00 - 11:45am) Seated Yoga (1:00 - 2:00pm)
W e d n e s d a y	Land Exercise for Arthritis (8:45 - 9:30am) * Seated Fitness (10:00 - 10:30am)
T h u r s d a y	Falls Prevention (10:30 - 11:00am) Tai Chi (11:00 - 11:45am) Seated Yoga (1:00 - 2:00pm)
F r i d a y	