

# WINTER/SPRING 2010 CLASS SCHEDULE

NO CLASSES SATURDAY, JANUARY 23, 9:00 AM - 1:00 PM



## AQUATIC CLASSES LAP POOL

MON	TUES	WED	THUR	FRI	SAT
<b>8:30 am</b> Aqua-Jogger* ℓ		<b>8:30 am</b> Aqua-Jogger* ℓ		<b>8:30 am</b> Aqua-Jogger* ℓ	
<b>9:15 am</b> Advanced Aqua-Jogger		<b>9:15 am</b> Advanced Aqua-Jogger		<b>9:15 am</b> Advanced Aqua-Jogger	<b>9:15 am</b> Aqua-Jogger* ℓ
<b>5:30 pm</b> Advanced Aqua-Jogger		<b>5:30 pm</b> Advanced Aqua-Jogger			

**AQUA JOGGER:**

Cool water suspended exercises utilizing a buoyancy belt. This non-impact class can also help speed recovery of overstrained muscles and joints. For all levels. Forty-five minutes.\*

**ADVANCED AQUA JOGGER:**

A truly challenging 45-minute workout. Suspended exercises are basic non-dance moves which build aerobic capacity, muscle conditioning and flexibility.

- All pool classes are coed.
- The lap pool will be closed during organized classes.
- Child care is available during specified times.
- Class schedule effective Jan 2010, subject to change.

\* Appropriate for prenatal/postnatal members.

ℓ Appropriate for oncology patients with physician approval.



Aquatic orientation available to member. Schedule at Member Services Desk.