

## LAND & WATER FITNESS CLASS SCHEDULE

**ALL CLASSES INCLUDED WITH YOUR FULL MEMBERSHIP OR A DAY PASS**  
**SENIOR SWIM 1:30-3:00 PM IS AVAILABLE TO ANYONE 62+ FOR ONLY \$5/VISIT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 9 am Deep Water Exercise	8 - 9 am Water Exercise	8 - 9 am Deep Water Exercise	8 - 9 am Water Exercise	8 - 9 am Deep Water Exercise
9 - 10 am* Water Fitness		9 - 10 am* Water Fitness		9 - 10 am* Water Fitness
9:30 - 10:30 am* Senior Fitness Gym		9:30 - 10:30 am* Senior Fitness Gym		9:30 - 10:30 am* Senior Fitness Gym
11 am - 12 pm* Shallow Water Exercise	10:45-11:45 am* Gentle Yoga <i>New Burns-Schneider</i>	11 am - 12 pm* Shallow Water Exercise	10:45-11:45 am* Gentle Yoga <i>New Burns-Schneider</i>	11 am - 12 pm* Shallow Water Exercise
	12 - 12:45 pm* Water Walking		12 - 12:45 pm* Water Walking	
SENIOR SWIM 1:30 - 2 pm Arthritis Exercise		SENIOR SWIM 1:30 - 2 pm Arthritis Exercise		SENIOR SWIM 1:30 - 2 pm Arthritis Exercise
2 - 3 pm Deep Water Exercise		2 - 3 pm Deep Water Exercise		2 - 3 pm Deep Water Exercise
2 - 3 pm Water Volleyball		2 - 3 pm Water Volleyball		2 - 3 pm Water Volleyball

\*Play Care is open during this class.

Schedules subject to change - updates at Member Services.

### SENIOR FITNESS in the GYM

M / W / F 9:30 - 10:30 am

Floor aerobics class focusing on mobility, balance, strength, core muscle groups, and overall flexibility. You can enjoy exercising at your own pace.

Included in your Full Membership.

### SENIOR SWIM

M / W / F 1:30 - 3:00 pm

Includes Arthritis Exercise, Deep Water Exercise, and Water Volleyball. Have fun exercising with friends!

Full Members - Included; Others \$5/visit

### SWING DANCE CLASS

Fri 3 - 4 pm

Come join a smooth afternoon dance party. Waltz, Foxtrot, Two Step, American Tango, Swing, Salsa, Cha Cha, and Rock & Roll are easy to learn; low impact and great for your heart.

Full Members \$10/month;  
 Basic \$15/month; Others \$5/class

