

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8:30 AM	Shallow Water	8:30 AM	Deep Water	8:30 AM	Shallow Water	8:30 AM	Deep Water	8:30 AM	Shallow Water		
9:15 AM	Shallow Water			9:15 AM	Shallow Water			9:15 AM	Shallow Water	9:15 AM	Boot Camp
10:00 AM	Older Adult			10:00 AM	Older Adult			10:00 AM	Older Adult		
11:00 AM	Arthritis			11:00 AM	Arthritis			11:00 AM	Arthritis		
11:15 AM		11:15 AM	Older Adult			11:15 AM	Older Adult				
6:30 PM	Boot Camp			6:30 PM	Shallow Water						

Class	Intensity Level	Description
Arthritis 	Low - Moderate	Meets in the small pool, navel to nipple depth and is designed for adults who want to improve overall daily function. This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.
Older Adult	Low-High	This class meets in the small pool navel to nipple depth and is designed to improve participants movement and ability to perform day to day activities easily. All exercises have modifications to accommodate varying fitness levels, complications from illness or chronic conditions to ensure participants success.
Shallow Water	Low-High	This class meets in the shallow end of the large pool navel to nipple depth and is designed for healthy participants who want to improve cardio, muscle strength, flexibility, and balance.
Deep Water	Low - High	This class meets in the shallow end of the large pool to start then progresses to the deep end. All participants are required to wear a float belt to maximize the benefits of the exercises in a bottomless water environment.
Boot Camp	High	Meets in the shallow end of the large pool, navel to nipple depth. This is the ultimate workout for total body fitness. A combination of cardio and muscle strength and endurance exercise are used.

Webbed Gloves, Water Shoes, and Water Bottles are recommended for ALL Water Fitness Classes. Each class is 45 minutes unless indicated otherwise.

