



GROUP FITNESS CLASS SCHEDULE

WARM WATER POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM		Jammin' Jaime 6:30AM - 7:30 AM					
8AM							
9AM	Physical Therapy 8:45AM - 9:45 AM		Physical Therapy 8:45AM - 9:45 AM		Physical Therapy 8:45AM - 9:45 AM	Aquacise Drew 8:30 AM - 9:30 AM	
10AM	Aqua Zumba Hilary 10:00 AM - 10:45 AM		Aqua Fit Marisa 10:00 AM - 11:00 AM		Aqua Zumba Hilary 10:00 AM - 10:45 AM		
11AM	Physical Therapy 11:00 AM - 12:00 PM		Physical Therapy 11:00 AM - 12:00 PM		Physical Therapy 11:00 AM - 12:00 PM		
12PM							
1PM							
2PM	Physical Therapy 2:00 PM - 3:00PM		Physical Therapy 1:00 AM - 3:00PM		Physical Therapy 1:00 PM - 3:00PM		
3PM							
4PM	Physical Therapy 4:00 PM - 5:00PM		Physical Therapy 4:00 AM - 5:00PM				
5PM							
6PM							
7PM				Aqua Zumba Mark 6:00 PM - 7:00 PM			

JAN.

Aquatics classes are limited to vaccinated patrons only. You may book classes online in advance through the Empower ME section of the website. When Physical Therapy is in session maximum occupancy of the warm water pool is limited to 6.

GROUP FITNESS DESCRIPTION

AQUA ZUMBA

Perfect for those looking to make a splash by adding a low impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Aquacise

Routines are based on the anatomy and physiology of muscles and joints, and are designed to strengthen limb and core muscles, increase range of motion, promote joint stability, and improve balance and posture. The hour includes cardio intervals and concludes with stretching, all accompanied by classic rock 'n roll, folk, and popular songs.

AQUA DANCE

Come let loose with Linda! She delivers a fun and invigorating class which is sure to make you smile while working up a sweat!

Aqua Fit

An enjoyable water aerobics class adaptable for all ages for a gentle to moderate workout. This 50-minute class includes: stretching the whole body, a 20 minute cardio workout, body toning, and 5 minutes of stretches at the end of class

Jammin'

Let your heart rate and spirits **RISE** with the Sun! Enjoy cardio, toning, and stretching to great tunes. Energize your day!