



WINTER 2012 Water Fitness Schedule

Effective Jan. 02, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30 am Water Works Donna	9:00-10:00am Water Works Donna 11:00 - 11:45 am SilverSplash Donna	11:00 - 11:45 am Water Yoga Eileen 6:30 - 7:30 pm Liquid Lyrics Diane	9:00-10:00am HI-LO H2O Lynne	6:30 - 7:30 pm Liquid Lyrics Diane	9:00 - 10:00am Aqua Flow Eileen	8:30 - 9:30 am HI-LO H2O H2O Staff

HI-Lo H2O: Water Exercise using shallow and deep water for muscle and cardio conditioning.

Liquid Lyrics: Great water workout to music that will lift your spirits and invigorate your mind and body.

Silver Splash: Senior exercise to improve balance, flexibility, and cardio endurance with equipment to improve strength and coordination.

Water Works: Work the properties of water for core and muscle strength, with equipment.

Aqua Flow: Experience a blend of mind-body movement with warming cardio aquatics.

Water Yoga : Yoga poses in the water. Water is supportive and challenging for holding a pose using shallow & deep water.