

SEPTEMBER 2017 AQUATIC EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CENTER HOURS Monday – Friday 7 am - 6 pm Saturday 10 am - 2 pm	Membership (over 55): \$75-single \$105-couple Guest Pass: \$10 a day	Fitness Center Info Line: 540-443-3473 Phone Number: 540-443-3474		1 10:30am Arthritis Aquatics	2 10am Ai Chi WARM WATER DAY 90°
4 CLOSED 	5 9:30am AQUA MIX 2pm Aqua Fit 4pm Water Walking	6 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball 7pm Full Moon Yoga	7 9:30am AQUA MIX 2 pm Aqua Fit	8 10:30am Arthritis Aquatics	9 10am Ai Chi WARM WATER DAY 90°
11 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	12 9:30am AQUA MIX 2pm Aqua Fit 4pm Water Walking	13 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	14 9:30am AQUA MIX 2 pm Aqua Fit	15 10:30am Arthritis Aquatics	16 10am Ai Chi WARM WATER DAY 90°
18 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	19 9:30am AQUA MIX 2pm Aqua Fit 4pm Water Walking	20 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	21 9:30am AQUA MIX 2 pm Aqua Fit	22 10:30am Arthritis Aquatics	23 10am Ai Chi WARM WATER DAY 90°
25 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	26 9:30am AQUA MIX 2pm Aqua Fit 4pm Water Walking	27 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	28 9:30am AQUA MIX 2 pm Aqua Fit	29 10:30am Arthritis Aquatics	30 10am Ai Chi 12PM-2PM FAMILY SWIM WARM WATER DAY 90°

Warm Hearth Fitness Center Always Recommends You Speak With Your Doctor Before Starting Any Exercise Program.

Please see a Fitness Center staff member before participating in this class to complete required paperwork

[Ai Chi](#)

Ai Chi is an aquatic Mind-Body program that is the perfect cross-training activity. It improves core strength, circulation, breathing, balance, flexibility, energy, stamina, relaxation, tranquility, awareness, and focus.

[Arthritis Aquatics](#)

Open to all... consists of lower intensity exercises to promote optimum joint flexibility, muscle strength, endurance, coordination and balance. The soothing warmth and buoyancy of warm water make it a safe, ideal environment for relieving arthritis pain and stiffness. This class is also an option for those looking for a low-impact exercise program.

[Aqua Fit](#)

Get energized with a great, fun workout! This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. You will march, jog, kick, jack and jump through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility.

[Aqua Mix](#)

Surprise....a mixture of fun for all levels. Water allows participants to perform effective, low-impact exercise that puts no strain or pressure on tender joints. We will be working our bodies and brains☺

[Family Swim](#)

Residents are encouraged to bring family members of any age to enjoy the Fitness Center pool! Residents must be present to sign in.

[Full Moon Water Yoga](#)

It's a yoga class... in the pool! Enjoy the calming and resistive nature of water to experience yoga in a whole new way. This monthly class takes place on the full moon with special fitness center hours.

[Pool Volleyball](#)

Come play with us! All levels accepted in this pick-up style volleyball game played in the shallow end of the pool.

[Water Walking](#)

Bring a friend, bring a buddy.....a resident led class to keep everyone moving and enjoying the anti-gravity effect on the joints. Staff will be around for assistance and questions.

[Lap Swim and Open Swim](#)

When aquatic classes are not in session, the pool is open for lap swim, open swim, and water walking.

When aquatic classes are in session, limited space is available for individual use of the pool.

NO OPEN SWIM DURING AI CHI! Please plan accordingly.