

JANUARY 2018 AQUATIC EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>CLOSED</p>	<p>2</p> <p>9:30am AQUA MIX</p> <p>2pm Aqua Fit</p> <p>NEW- 4pm Back-hab Fall Prevention</p>	<p>3</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p> <p>NEW-6pm Aqua Yoga</p>	<p>4</p> <p>9:30am AQUA MIX</p> <p>2 pm Aqua Fit</p>	<p>5</p> <p>10:30am Arthritis Aquatics</p>	<p>6 10am Ai Chi</p> <p>WARM WATER DAY 90°</p>
<p>8</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p>	<p>9</p> <p>9:30am AQUA MIX</p> <p>2pm Aqua Fit</p> <p>NEW- 4pm Back-hab Fall Prevention</p>	<p>10</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p>	<p>11</p> <p>9:30am AQUA MIX</p> <p>2 pm Aqua Fit</p>	<p>12</p> <p>10:30am Arthritis Aquatics</p>	<p>13</p> <p>10am Ai Chi</p> <p>WARM WATER DAY 90°</p>
<p>15</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p>	<p>16</p> <p>9:30am AQUA MIX</p> <p>2pm Aqua Fit</p> <p>NEW- 4pm Back-hab Fall Prevention</p>	<p>17</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p>	<p>18</p> <p>9:30am AQUA MIX</p> <p>2 pm Aqua Fit</p>	<p>19</p> <p>10:30am Arthritis Aquatics</p>	<p>20</p> <p>10am Ai Chi</p> <p>WARM WATER DAY 90°</p>
<p>22</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p>	<p>23</p> <p>9:30am AQUA MIX</p> <p>2pm Aqua Fit</p> <p>NEW- 4pm Back-hab Fall Prevention</p>	<p>24</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p>	<p>25</p> <p>9:30am AQUA MIX</p> <p>2 pm Aqua Fit</p>	<p>26</p> <p>10:30am Arthritis Aquatics</p>	<p>27</p> <p>10am Ai Chi</p> <p>12PM-2PM FAMILY SWIM</p> <p>WARM WATER DAY 90°</p>
<p>29</p> <p>10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p>	<p>30</p> <p>9:30am AQUA MIX</p> <p>2pm Aqua Fit</p> <p>NEW- 4pm Back-hab Fall Prevention</p>	<p>31 10:30am Arthritis Aquatics</p> <p>1:00pm-3:00pm Pool Volleyball</p> <p>NEW-6pm Aqua Yoga</p> <p><u>7pm Full Moon Yoga</u></p>	<p>Phone Number: 540-443-3474</p> <p>Fitness Center Info Line: 540-443-3473</p>	<p>FITNESS CENTER HOURS</p> <p>Monday – Friday 7 am - 6 pm</p> <p>Saturday 10 am - 2 pm</p> <p>Closed Sunday</p>	<p>Membership (over 55): \$75-single \$105-couple Guest Pass: \$10 a day</p>

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.

[Aqua Yoga](#)

NEW-Gentle, yet challenging workout appropriate for all levels!!!

[Back-hab & Fall Prevention](#)

NEW-Are you challenged with back problems and/or balance?? We are here to help you out. An easy, but beneficial class!! This yoga-based class will focus on using the resistance of the water to stretch and strengthen the back, core, and leg muscles, increasing range of motion and stability.

[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.