

# OCTOBER 2018 AQUATIC EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	2 9:30am Aqua Mix 2pm Aqua Fit 4pm Water Walking	3 10:30am Arthritis Aquatics 1-3 m Pool V-Ball 4:45 Ai Chi	4 9:30am Aqua Mix 2 pm Aqua Fit	5 10:30am Arthritis Aquatics	6 10am Ai Chi
8 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	9 9:30am Aqua Mix 2pm Aqua Fit 4pm Water Walking	10 10:30am Arthritis Aquatics 1-3pm Pool V-Ball 4:45 Ai Chi	11 9:30am Aqua Mix 2pm Aqua Fit	12 10:30am Arthritis Aquatics	13 10am Ai Chi  <b>PARROT STRUT @ 9 AM</b>
15 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	16 9:30am Aqua Mix 2pm Aqua Fit 4pm Water Walking	17 10:30am Arthritis Aquatics 1-3pm Pool V-Ball 4:45 Ai Chi	18 9:30am Aqua Mix 2 pm Aqua Fit	19 10:30am Arthritis Aquatics	20 10am Ai Chi
22 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	23 9:30am Aqua Mix 2pm Aqua Fit 4pm Water Walking	24 10:30am Arthritis Aquatics 1-3pm Pool V-Ball 4:45 Ai Chi	25 9:30am Aqua Mix 2 pm Aqua Fit	26 10:30am Arthritis Aquatics	27 10am Ai Chi <b>12PM-2PM FAMILY SWIM</b>
29 10:30am Arthritis Aquatics 1:00pm-3:00pm Pool Volleyball	30 9:30am Aqua Mix 2pm Aqua Fit 4pm Water Walking	31 10:30am Arthritis Aquatics 1-3pm Pool V-Ball 4:45 Ai Chi	1 9:30am Aqua Mix 2 pm Aqua Fit	2 10:30am Arthritis Aquatics	3 10 am Ai Chi

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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.

### [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.