

# NOVEMBER 2017 AQUATIC EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Membership (over 55):</b> <b>\$75-single</b> <b>\$105-couple</b> <b>Guest Pass:</b> <b>\$10 a day</b>		<b>1</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b> <b>NEW-6pm Aqua Yoga</b>	<b>2</b> <b>9:30am AQUA MIX</b>  <b>2 pm Aqua Fit</b>	<b>3</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>4</b> <b>10am Ai Chi</b>  <b>WARM WATER DAY 90°</b>  <b>7pm Full Moon Yoga</b>
<b>6</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b>	<b>7</b> <b>9:30am AQUA MIX</b>  <b>2pm Aqua Fit</b>	<b>8</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b>	<b>9</b> <b>9:30am AQUA MIX</b>  <b>2 pm Aqua Fit</b>	<b>10</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>11</b>  <b>10am Ai Chi</b>  <b>WARM WATER DAY 90°</b>
<b>13</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b>	<b>14</b> <b>9:30am AQUA MIX</b>  <b>2pm Aqua Fit</b>	<b>15</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b> <b>NEW-6pm Aqua Yoga</b>	<b>16</b> <b>9:30am AQUA MIX</b>  <b>2 pm Aqua Fit</b>	<b>17</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>18</b>  <b>10am Ai Chi</b>  <b>WARM WATER DAY 90°</b>
<b>20</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b>	<b>21</b> <b>9:30am AQUA MIX</b>  <b>2pm Aqua Fit</b>	<b>22</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>Gym Hours:</b> <b>7:00am –12:00pm</b>	<b>23</b>  <b>Village Center Closed</b> <b>Happy Thanksgiving!</b>	<b>24</b> <b>No Water Classes</b> <b>See Land Schedule</b>  <b>Gym Hours:</b> <b>7:00am –12:00pm</b>	<b>25</b> <b>10am Ai Chi</b> <b>12PM-2PM</b> <b>FAMILY</b> <b>SWIM</b> <b>WARM WATER DAY 90°</b>
<b>27</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b>	<b>28</b> <b>9:30am AQUA MIX</b>  <b>2pm Aqua Fit</b> <b>NEW- 4pm Back-hab Fall</b> <b>Prevention</b>	<b>29</b> <b>10:30am</b> <b>Arthritis Aquatics</b>  <b>1:00pm-3:00pm</b> <b>Pool Volleyball</b>	<b>30</b> <b>9:30am AQUA MIX</b>  <b>2 pm Aqua Fit</b>	<b>Fitness Center</b> <b>Info Line:</b> <b>540-443-3473</b> <b>Phone Number:</b> <b>540-443-3474</b>	<b>FITNESS CENTER HOURS</b> <b>Monday – Friday</b> <b>7 am - 6 pm</b> <b>Saturday</b> <b>10 am - 2 pm</b>

## **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. Easy, yet beneficial class!!**

### [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.