

# NOVEMBER 2021 AQUATIC EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:30pm Ai Chi	<b>2</b> 1pm Aqua Fit	<b>3</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>4</b> 1pm Aqua Fit	<b>5</b> 10:30am Arthritis Aquatics	<b>6</b> *Open Swim*
<b>8</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:30pm Ai Chi	<b>9</b> 1pm Aqua Fit	<b>10</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>11</b> 1pm Aqua Fit	<b>12</b> 10:30am Arthritis Aquatics	<b>13</b> *Open Swim*
<b>15</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:30pm Ai Chi	<b>16</b> 1pm Aqua Fit	<b>17</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>18</b> 1pm Aqua Fit	<b>19</b> 10:30am Arthritis Aquatics	<b>20</b> *Open Swim*
<b>22</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:30pm Ai Chi	<b>23</b> 1pm Aqua Fit	<b>24</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>25</b> 1pm Aqua Fit	<b>26</b> 10:30 am Arthritis Aquatics	<b>27</b> *Open Swim*
<b>29</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3pm Ai Chi	<b>30</b> 1pm Aqua Fit	<b>1</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>2</b> 1pm Aqua Fit	<b>3</b> 10:30am Arthritis Aquatics	<b>4</b> *Open Swim*

**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\***

**\*PLEASE BE ADVISED: We encourage all to bring their own towels. However, as of October 1<sup>st</sup>, towels are now available for use in the cubbies by the water cooler. We ask that pool goers please limit use to 2 per person.\***

### 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.

### Pool Volleyball

Great fun for all! Come join us for a good time playing and laughing all the same. All levels of ability welcome.

### 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.

### 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.

### Lap Swim and Open Swim

Please call or speak directly to schedule an appointment to come use the pool when classes are not in session.