

November 2022 AQUATIC EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1pm Aqua Fit	2 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	3 1pm Aqua Fit	4 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	5 Aqua Yoga 10:30-11:15 *Open Swim*
7 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	8 1pm Aqua Fit	9 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	10 1pm Aqua Fit	11 10:30am Arthritis Aquatics	12 *Open Swim*
14 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	15 1pm Aqua Fit	16 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	17 1pm Aqua Fit	18 10:30am Arthritis Aquatics	19 *Open Swim*
21 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	22 1pm Aqua Fit	23 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	24 CLOSED HAPPY THANKSGIVING	25 10:30am Arthritis Aquatics	26 Closed
28 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	29 1pm Aqua Fit	30 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	1 1pm Aqua Fit	2 10:30am Arthritis Aquatics	3 *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, towels are 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.

Aqua Yoga

First Saturday of the Month, 10:30 – 11:15 am

Oct. 1, Nov. 5, Dec. 3

Explore practicing yoga (postures, breathwork, and mindfulness) in the accessible environment of the pool. Benefits include pain reduction, improved strength & balance, increased freedom of movement, greater body awareness, decreased stress in body & mind, and community connection.

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.

Family Swim

A time for residents to bring their grandkids or other loved ones to enjoy some quality time in the pool. This is offered the last Saturday of every month. Please inquire with a member of the fitness staff with further questions.

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.