

# TOM LOVEDAY

## AQUATIC PROGRAMS

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 11:00 am Aqua Fit	<b>2</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	<b>3</b> 11:00 am Aqua Fit	<b>4</b> 10:30am Arthritis Aquatics	<b>5</b> Aqua Yoga 10:30-11:15
<b>7</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>8</b> 11:00 am Aqua Fit	<b>9</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	<b>10</b> 11:00 am Aqua Fit	<b>11</b> 10:30am Arthritis Aquatics	<b>12</b> *Open Swim*
<b>14</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>15</b> 11:00 am Aqua Fit	<b>16</b> <del>10:30am</del> <del>Arthritis Aquatics</del> 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	<b>17</b> 11:00 am Aqua Fit	<b>18</b> 10:30am Arthritis Aquatics	<b>19</b> Aqua Yoga 10:30-11:15
<b>21</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>22</b> 11:00 am Aqua Fit	<b>23</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	<b>24</b> 11:00 am Aqua Fit	<del>10:30am</del> <del>Arthritis Aquatics</del>	<b>GYM CLOSED</b>
<b>28</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball	<b>29</b> 11:00 am Aqua Fit	<b>30</b> 10:30am Arthritis Aquatics 12:30pm- 2:30pm Pool Volleyball 3:00pm Ai Chi	<b>31</b> 11:00 am Aqua Fit	<b>1</b> 10:30am Arthritis Aquatics	<b>2</b> Aqua Yoga 10:30-11:15

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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\***

**\*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 and Third Saturday of the Month, 10:30 – 11:15 am**

Explore practicing yoga (postures, breath work, 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.