

# TOM LOVEDAY

## AQUATIC PROGRAMS

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm</b> <b>Pool Volleyball</b>	<b>31</b> <b>11:00 am Aqua Fit</b>	<b>1</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm Pool</b> <b>Volleyball</b> <b>3:00pm Ai Chi</b>	<b>2</b> <del><b>11:00 am Aqua Fit</b></del>	<b>3</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>4</b> <b><u>FITNESS CENTER</u></b> <b><u>CLOSED</u></b>
<b>6</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm</b> <b>Pool Volleyball</b>	<b>7</b> <b>11:00 am Aqua Fit</b>	<b>8</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm Pool</b> <b>Volleyball</b> <b>3:00pm Ai Chi</b>	<b>9</b> <b>11:00 am Aqua Fit</b>	<b>10</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>11</b> <b>*Open Swim*</b>
<b>13</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm</b> <b>Pool Volleyball</b>	<b>14</b> <b>11:00 am Aqua Fit</b>	<b>15</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm Pool</b> <b>Volleyball</b> <b>3:00pm Ai Chi</b>	<b>16</b> <b>11:00 am Aqua Fit</b>	<b>17</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>18</b> <b>Aqua Yoga</b> <b>10:30-11:15</b>
<b>20</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm</b> <b>Pool Volleyball</b>	<b>21</b> <del><b>11:00 am Aqua Fit</b></del>	<b>22</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm Pool</b> <b>Volleyball</b> <b>3:00pm Ai Chi</b>	<b>23</b> <del><b>11:00 am Aqua Fit</b></del>	<b>24</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>25</b> <b>Family Swim</b> <b>12:00-1:45</b> <b>(Bring own towel)</b>
<b>27</b> <b>10:30am</b> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm</b> <b>Pool Volleyball</b>	<b>28</b> <b>11:00 am Aqua Fit</b>	<b>29</b> <del><b>10:30am</b></del> <b>Arthritis Aquatics</b> <b>12:30pm- 2:30pm Pool</b> <b>Volleyball</b> <b>3:00pm Ai Chi</b>	<b>30</b> <b>11:00 am Aqua Fit</b>	<b>1</b> <b>10:30am</b> <b>Arthritis Aquatics</b>	<b>2</b> <b>Aqua Yoga</b> <b>10:30-11:15</b>

# TOM LOVEDAY

## AQUATIC PROGRAMS

**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\***

### 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.

### Gentle Warm Water

This water exercise program is designed for individuals with arthritic and mobility limitations. This class is for you if your goals include increasing strength, flexibility, stability, and range of motion in a relaxing and low impact atmosphere

**\*\*New Class Alert!! Join us in this gentle movement class.\*\***

### 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

Open swim time for independent swimmers to come use the pool when classes are not in session.