TOM LOVEDAY
AQUATIC PROGRAMS

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball	3 11:00am Aqua Fit	4 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball 3:00pm Ai Chi	5 11:00am Aqua Fit	6 10:30am Arthritis Aquatics	7 Aqua Yoga 10:30-11:15am
9 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball	10 11:00am Aqua Fit	11 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball 3:00pm Ai Chi	12 11:00am Aqua Fit	13 10:30am Arthritis Aquatics	14 *Open Swim*
16 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball	17 11:00am Aqua Fit	18 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball 3:00pm Ai Chi	19 11:00am Aqua Fit	20 10:30am Arthritis Aquatics	21 Aqua Yoga 10:30-11:15am
23 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball	24 ~~11:00am Aqua Fit~~	25 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball 3:00pm Ai Chi	26 Closed Happy Thanksgiving!!	27 Closed	28 Closed
30 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball	1 11:00am Aqua Fit	2 10:30am Arthritis Aquatics 12:30-2:30pm Pool Volleyball 3:00pm Ai Chi	3 11:00am Aqua Fit	4 10:30am Arthritis Aquatics	5 Aqua Yoga 10:30-11:15am

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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

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

Experience yoga in the pool through gentle movement, breathwork, and mindfulness. Classes focus primarily on standing postures in chest-height water, with support options available. Together, we'll explore practices that support balance, strength, mobility, relaxation, and community connection in a supportive environment.

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.