

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Sunrise Splash				
8:00am		D.E.E.P.		D.E.E.P.		
8:30am	H2O 'Robics		H2O 'Robics		H2O 'Robics	
10:00am						Water Works
11:00am	A.F.A.P.		A.F.A.P.		A.F.A.P.	A.F.A.P.
2:00pm	A.F.A.P.		A.F.A.P.		A.F.A.P.	
3:30pm		Aquacise		Aquacise		
4:45pm		NatalFit		NatalFit		
5:30pm	Water Works	Aqua Power	Water Works	Aqua Power		
6:30pm	A.F.A.P.		A.F.A.P.			

**Descriptions**

**A.F.A.P.: (45 min.)** Arthritis Foundation Aquatic Program, “go at your own pace”, very low intensity class to improve or maintain range of motion, flexibility, strength, and functional endurance. Physician’s release required.

**Aquacise: (45 min.)** Burn Calories and Increase strength with Cardio and Toning exercises.

**Aqua Power: (60 min.)** This challenging class is for those who like their water workouts HARD and music LOUD, Rock & Roll Aqua style.

**D.E.E.P.: (45 min.)** Diabetes Exercise and Education Program. Water walking, stretching, pre and post exercise blood glucose monitoring for people with diabetes. Physician's release required.

**H2O 'Robics: (45 min.)** Aerobic conditioning, strengthening, & toning in time to music to energize your day.

**Natal Fit: (45 min.)** Low impact/ moderate intensity class for pregnant and postnatal women for maintaining current fitness level. The class follows American College of Obstetrics & Gynecology guidelines for exercise. Obstetrician’s release required.

**Sunrise Splash: (45 min.)** Start the day refreshed and relaxed after this 45 minute class that involves an aerobic workout, strengthening and toning intervals, and other various aquatic equipment.

**Water Works: (60 min.)** Fast- paced, high intensity aerobic class also helps to increase strength and endurance. It is a wonderful way to unwind after a stressful work day.

**Please Note the Following:**

\*If 3 participants are not present within 10 minutes for 45-60 min. classes or 5 min. for 30 min. classes, the class will not meet.

\*Pool and Spa areas close 15 minutes before facility closes.

\*The Pool is closed every Tuesday and Thursday from 1:00-2:00 pm for maintenance.