



## Aquatic Exercise Schedule

Swim or attend a minimum of two classes per week for improved health and fitness.

**The pool and whirlpool are closed for use during Aquatic Therapy and Aquatics classes.**

**No lifeguard on duty.**

**Swim at your own risk.**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>Aqua Blue</b> For participants who perform moderate to vigorous activity regularly.</p>	<b>Aqua Zumba (Blue)</b> 9:15am–10:00am		<b>Aqua Blue</b> 9:15am–10:00am		<b>Aqua Blue</b> 9:15am–10:00am
<p><b>Aqua Green</b> For participants who lead an active life most of the time.</p>	<b>Aqua Green</b> 10:15am–11:00am	<p><b>Free Swim</b> Sign up in Wellness Center 7:00am–3:30pm Hourly appointments <i>Limit 4 per hour</i></p>	<b>Aqua Green</b> 10:15am–11:00am	<p><b>Free Swim</b> Sign up in Wellness Center 7:00am–3:30pm Hourly appointments <i>Limit 4 per hour</i></p>	<b>Aqua Green</b> 10:15am–11:00am
<p><b>Aqua Yellow</b> For participants who need a gentle class due to mobility limitations</p>	<b>Aqua Yellow</b> 11:15am–12:00pm		<b>Aqua Yellow</b> 11:15am–12:00pm		<b>Aqua Yellow</b> 11:15am–12:00pm
<p><b>Questions? Please call:</b>   <b>Tyler McCauley</b> Wellness Director–4371   <b>Eliza Murray</b> Wellness Coordinator–4362   <b>Pam Grant</b> Assistant Wellness Director–4339</p>	<p>All classes focus on strength, balance, and flexibility. Attend 2-3 times/week.</p>				