



# Land Exercise Schedule

All color coded classes focus on strength, balance, flexibility, proprioception, and cardiovascular conditioning.



	Time	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Blue</b> Moderate to vigorous activity regularly</p> <p><b>Green</b> Active life most of the time</p> <p><b>Yellow</b> Seated class with weights</p> <p><b>Circuit</b> Combines strength, balance and cardio (Blue level)</p> <p><b>Mind/Body</b> Chair stretching, breathing &amp; relaxation</p> <p><b>Balance</b> Improving posture &amp; balance for all fitness levels</p>	9:00am - 9:30am	Blue Class	Circuit	Blue Class		Blue Class
	9:45am - 10:15am		Mind/Body		Mind/Body	
	10:30am - 11:00am	Green Class		Green Class		Green Class
	11:15am - 11:45am	Green Class	Balance	Green Class	Balance	Green Class
	12:00pm - 12:30pm	Yellow Class	Yellow Class	Yellow Class	Yellow Class	Yellow Class
	2:30pm Ch. 1960		TV Yellow Class	TV Mind/Body Stretch	TV Yellow Class	

# Aquatic Exercise Schedule

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

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
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5:00am - 9:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
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9:15am - 10:00am	Blue Class	Open Swim	Blue Class	Open Swim	Blue Class
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10:15am - 11:00am	Green Class	Open Swim	Green Class	Open Swim	Green Class
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11:15am - 12:00pm	Yellow Class	Open Swim	Yellow Class	Open Swim	Yellow Class
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12:00pm - Midnight	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
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## Aqua Blue

Moderate to vigorous activity regularly

## Aqua Green

Active life most of the time

## Aqua Yellow

Gentle class for those with mobility issues

## Open Swim

NO lifeguard on duty  
Swim at your own risk

## Questions?

Call x4360

