



LIFESTYLE CENTER POOL Schedule

Oct.-Nov.- 2011

Temp: 92degrees

92lengths=1 mile

Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Classes shaded in BLACK are included in the membership	CLASS DESCRIPTION			
	Shallow	Deep	Shallow	Deep	Shallow	Deep	Shallow	Deep	Shallow	Deep					
5:30											No sign-up necessary Just show up and enjoy!	Arthritis Exercises to ease joints and pr			
6:00												Arthritis PLUS			
6:30											SATURDAY	Arthritis w/ low impact cardiova			
7:00											SUNDAY	Warm Waves			
7:30											Shallow	Deep	Shallow	Deep	Low intensity & impact cardiova
8:00															Powerlite H2O
8:30															Balance & resistance training -
9:00											\$ APT \$			Aqua Pilates	
9:30											9:00-9:45			Pilates and Balletone exercise	
10:00															Ai Chi
10:30															Warm water mind body class
11:00	Arthritis PLUS		Arthritis PLUS		Arthritis PLUS		Arthritis PLUS		Arthritis PLUS				Arthritis/Ai Chi		
11:30	Sue		Susan		Laurie		Susan/Laurie		Debbie				Slower paced Arthritis w/ mind		
12:00	Warm Waves		Power Ai Chi		Warm Waves		Warm Waves		Core and More				for breathing, balance, and cor		
12:30	Sue		Anne		Laurie		Sue		Stacia				Core and More		
1:00															Arthritis
1:30															Margie
2:00	Arthritis/Ai Chi		Cardio Dance		Arthritis-Basic		Powerlite H2O						Sea Sculpt		
2:30	Margie/Kate		Debbie		Kate		Anne						Resistance Training, Core Stre		
3:00															Cardio Dance Party
3:30															Warm water cardio class w/
4:00															PI-YO-CHI
4:30															A blend of yoga, Pilates and
5:00															\$ 1-1 Aquatic Therapy
5:30															The 4wk Aquatic Therapy
5:45															Program that focuses on specit
6:30															concerns. It is designed to red
7:00	Ai Chi				Arthritis/Ai Chi								\$ Aquatic Personal Trainin		
7:30	Anne				Maggie								trainers are available to des		
8:00			Cardio Dance				Cardio Dance						workouts & to work with you		
8:30			Stacia				Stacia						Water Fitness Classes		
9:00									Closes 8:45p				For your safety and the safe		
9:30													no admittance will be grante		
9:45	Closes 9:45p		Closes 9:45p		Closes 9:45p		Closes 9:45p						session for 10 minutes.		



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DESCRIPTIONS

[REDACTED] 45mins

to promote flexibility

[REDACTED] 45mins

muscular training

[REDACTED] 45mins

muscular exercise

[REDACTED] 45mins

low impact

[REDACTED] 45mins

in the warm water

[REDACTED] 45mins

[REDACTED] 45mins

body exercises,

core training.

[REDACTED] 45mins

tone and work off the pounds

[REDACTED] 45mins

Strength & Flexibility

[REDACTED] 45mins

dance moves

[REDACTED] 45mins

1 Tai Chi

60mins

specific orthopedic

to reduce pain, increase

(\$)

Trainer - Certified

to design personalized

one-on-one. (\$)

availability of other participants,

and once class has been in