

Water Fitness Schedule

February 22-June 20, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45 Wet N Mild <i>Bethany</i>	8:00-8:45 Deep Water <i>Bethany</i>	8:00-8:45 Wet N Mild <i>Bethany</i>	8:00-8:45 Deep Water <i>Bethany</i>	8:00-8:45 Wet N Mild <i>Bethany</i>	7:30-8:15 Deep Water <i>Janet</i>
11:30-12:15 Wet N Wild <i>Bethany</i>	11:30-12:15 Deep Water <i>Helga</i>	11:30-12:15 Wet N Wild <i>Bethany</i>	11:30-12:15 Deep Water <i>Helga</i>	11:30-12:15 Wet N Wild <i>Bethany</i>	
	5:40-6:25 Wet N Wild <i>Katherine</i>		5:40-6:25 Wet N Wild <i>Larisa</i>		

Water Fitness Class Descriptions

Wet N' Mild

A low intensity combination of deep and shallow water exercises. Great for getting back into shape!

Wet N' Wild

Work your muscles and build up your cardio in this high intensity workout combining shallow water and deep water exercises.

Deep Water

Take it at your own pace while building endurance & cardio. Great for cross-training! Held in deep end of pool. Water belts provided.

Water Fitness Guidelines

- All classes are on a first-come, first serve basis.
- Classes are free to members as of January 1, 2009. Non-members may participate by paying the \$15 daily guest fee at the Welcome Desk.
- Instructor schedules may change without notice.
- Please check with your doctor prior to participating if you have any medical concerns. All exercises & activities should be done at your own pace. Instructors are not trained to advise participants about any medical concerns.