



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER GROUP EXERCISE SCHEDULE

Effective August 28, 2018

Shadowbend Pool

MONDAY 8:30 am	Deep Water Exercise (45 min)	Andrea H.
TUESDAY 7:30 am 8:30 am	(AOA) Shallow Water Exercise Shallow Water Exercise	Jennifer W. Dee M.
WEDNESDAY 8:30 am	Deep Water Exercise (45 min)	Andrea H.
THURSDAY 7:30 am 8:30 am	(AOA) Shallow Water Exercise Shallow Water Exercise	Jennifer W. Dee M.
FRIDAY 8:30 am	Deep Water Exercise (45 min)	Andrea H.
SATURDAY 8:00 am	Shallow Water Exercise	Dee M.

Deep Water Exercise

Use flotation belts as you perform challenging, cardiovascular exercises in deep water with no impact.

Shallow Water Exercise

Enjoy this low impact, traditional water workout, in shallow water. Water noodles and floatation dumbbells are used for variety and resistance.

(AOA) Shallow Water Exercise

Enjoy this low impact, cardio workout in shallow water. Class includes toning and stretch.

Minimum age is 13 and older unless otherwise noted.

