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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Aqua Aerobics**  **6:30 – 7:15 AM**  **(Cindy H)** | **Aqua Social**  **8:30 – 9:15 AM** | **Aqua Aerobics**  **6:30 – 7:15 AM (Michael)** | **Aqua Social**  **8:30 – 9:15 AM** | **Aqua Aerobics**  **6:30 – 7:15 AM (Betty)** | **Aqua Aerobics**  **9:00 – 9:45 AM**  **(Rotation)** |
| **Aqua Aerobics**  **10:00 – 10:45 AM (Michael)** | **Aqua Aerobics 10:00 – 10:45 AM (Michael)** | **Water Interval Workout**  **10:00 – 10:45 AM (Michael)** | **Gentle Aqua**  **11:00 – 11:45 AM**  **(Karin)** | **Aqua Aerobics**  **10:00 – 10:45 AM (Michael)** |  |
| **Carnahan Therapy Patient Rehab**  **(Patients only)**  **12:00 – 1:30 PM** |  | **Carnahan Therapy Patient Rehab**  **(Patients only)**  **12:00 – 1:30 PM** |  | **Carnahan Therapy Patient Rehab**  **12:00 – 1:30 PM**  **(Patients only)** |  |
| **Aqua Aerobics**  **5:30 – 6:15 PM**  **(Karen O.)** |  | **Aqua Aerobics**  **5:30 – 6:15 PM (TBA)** |  |  |  |
| **Open Swim**  In between classes until 7:45 PM | **Open Swim**  In between classes until 7:45 PM | **Open Swim**  In between classes until 7:45 PM | **Open Swim**  In between classes until 7:45 PM | **Open Swim**  In between classes until 7:45 PM | **Open Swim Saturday & Sunday**  8:00 AM – 3:00 PM |

*See class descriptions on the next page.*

**CLASS DESCRIPTIONS**

**Aqua Aerobic Class**

This class keeps you moving with 45-minutes of full body exercises to promote overall toning, strength building and endurance. Each workout consists of a warm-up, series of cardiovascular and strength exercise and a cool-down.

**Carnahan Therapy Patient Rehab:**

During this time, the pool is utilized for patient rehabilitation programs. It is not open to Pier Fitness members or past patients. Participants must

**Water Interval Workout:**

This 45-minute class focuses on strength and cardiovascular training through the use of timed intervals. Class starts off with hard, high intensity moves and ends with a relaxing flowing stretch. Exercises utilize pool weights and noodles.

**Gentle Aqua:**

A 45 minute class that will focus on Range of Motion (ROM), Active ROM, Lengthening, Stretching.

**Aqua Social:**

This hour the pool will be only for those who would like to do water exercise at a slower pace. (no lap swimming) There will be music provided and a friendly atmosphere while everyone exercises together on their own (no instructor).