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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |
| **Aqua Aerobics**6:30 – 7:15 AM(Betty) |   | **Aqua Aerobics**6:30 – 7:15 AM (Michael) |   | **Aqua Aerobics**6:30 – 7:15 AM (Betty) |  |
|  |  |  |  |  |  |
| **Aqua Aerobics**10:00-10:45 AM (Michael) | **Gentle Aqua** 10:00 – 10:45 AM (Karin) | **Water Interval Workout**10:00-10:45 AM (Michael) |  | **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****(Patients only)**12:00 – 1:30 PM |  |
|  |  |  |  |  |  |
| **Pool Hours****6:15 am – 5:00 pm** | **Pool Hours****6:15 am – 5:00 pm** | **Pool Hours****6:15 am – 5:00 pm** | **Pool Hours****6:15 am – 5:00 pm** | **Pool Hours****6:15 am – 5:00 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 be accompanied by a Carnahan Therapy Physical Therapist during all sessions.

**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:**

Gentle Water Exercise is a great class for anyone who needs to take exercise at a little slower pace. It is a wonderful place to get your body moving with the gentle support of the water. If you are familiar with Twinges and Hinges or our AFPP Class this is it!