


~ February 2018 Fitness Calendar ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance	2 9:00 Strength & Stretch 10:00 Juliets –yoga stretch	3 Water Babies 9:30 – 11:45am Closed to all pool members
4	5 9:00 Strength & Stretch 10:00 Tai Chi 3:30 Aqua Circuit* 6:00 Water Yoga*	6 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance	7 9:00 Strength & Stretch 10:00 Chair Yoga 10:00 Activities Fair 3:30 Aqua Circuit*	8 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance	9 9:00 Strength & Stretch 10:00 Juliets – strength circuits WINTER OLYMPICS	10 Water Babies 9:30 – 11:45am Closed to all pool members WINTER OLYMPICS
11 WINTER OLYMPICS	12 9:00 Strength & Stretch 10:00 Tai Chi 3:30 Aqua Circuit* 6:00 Water Yoga* WINTER OLYMPICS	13 8:30 Aqua Circuit* 10:00 Aqua Strength 2:00 Pool Committee WINTER OLYMPICS	14 9:00 Strength & Stretch 10:00 Spa Day 3:30 Aqua Circuit* WINTER OLYMPICS	15 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance WINTER OLYMPICS	16 9:00 Strength & Stretch WINTER OLYMPICS	17 Water Babies 9:30 – 11:45am Closed to all pool members WINTER OLYMPICS
18 WINTER OLYMPICS	19 9:00 Strength & Stretch 10:00 Tai Chi 10:00 Breast Cancer Survivor pool class 2:00 Breast Cancer Survivor pool class 3:30 Aqua Circuit* 6:00 Water Yoga* WINTER OLYMPICS	20 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance WINTER OLYMPICS	21 9:00 Strength & Stretch 10:00 Chair Yoga 3:30 Aqua Circuit* WINTER OLYMPICS	22 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance WINTER OLYMPICS	23 9:00 Strength & Stretch WINTER OLYMPICS	24
25	26 9:00 Strength & Stretch 10:00 Tai Chi 3:30 Aqua Circuit* 6:00 Water Yoga*	27 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance	28 9:00 Strength & Stretch 10:00 Chair Yoga 1:00 Aqua Strength 3:30 Aqua Circuit*			

Program Descriptions for February, 2018

All classes free to Residents

Strength & Stretch - Strength exercises, balance and stretching, using hand weights, ankle weights and bands. (45 minutes)

Strength & Balance – Resident lead class following the Stronger Living Guidelines.

Aqua Strength- Strength exercises and stretching done in shallow water.
(45 minutes)

Aqua Circuit* – Exercises incorporating high and low intensity to build strength and endurance. Available to non-residents for \$5.00/class or \$20/month.

Chair Yoga- Gentle stretching done in a chair. Some standing poses involved, using chair as an aid. Available to non-residents for \$5.00/class or \$20/month.(30 minutes)

30- Minute Balance- Exercises done in and around a chair. Good beginner level class for those who have a fear of falling or have fallen.

J.U.L.I.E.T.'s - (Just Us Ladies Into Exercising Together) Women only exercise class featuring a variety of instructors and techniques. Available to non-residents for \$5.00/class or \$20/month.

Water Yoga* – Learn how to stretch, balance and breathe mindfully in the water with guest instructor Jeannine Beckett. Fee for residents \$6.00/class, non-residents \$8:00