

Woodside Pool Schedule August 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
7:00—8:30AM	Open to Members	Open to Members	Open to Members	Open to Members	Open to Members	Open to Members
8:30—9:15AM	Open to Members	Aqua Circuit 8:30—9:15AM Open to Members	GPT&S 1:1 8:30—12:00PM (Open to Members)	Aqua Circuit 8:30—9:15AM Open to Members	Open to Members	
9:15AM	Open to Members	Open to Members	GPT&S 1:1 8:30—12:00PM (Open to Members)	Open to Members	Open to Members	
10:00AM	Open to Members	Taylor Resident Only Aqua Strength 10:00—10:45AM	GPT&S 1:1 8:30—12:00PM (Open to Members)	Taylor Resident Only Aqua Strength 10:00—10:45AM	Gentle Arthritis Aqua-Cize 10:00—10:30AM	
11:00AM	Open to Members	LRMHC: In Shape 1:1 11:00—12:30PM (Deep end only open to Members)	GPT&S 1:1 8:30—12:00PM (Open to Members)	LRMHC: In Shape 1:1 11:00—12:30PM (Deep end only open to Members)	Open to Members	Open to Members
12:00—2:00PM	Open to Members	Open to Members	Gentle Arthritis Aqua-Cize 1:00-1:30 PM	Open to Members	Open to Members	Open to Members
2:00—3:00PM	Taylor Resident Swim	Open to Members	Taylor Resident Swim	Open to Members	Taylor Resident Swim	Open to

3:30—7:00PM	Open to Members	Swim Lessons 4:00-6:30 starting-7/9 Deep end Open to Members	Aqua Circuit 3:30—4:15PM	Open to Members	Open to Members	Members until 5:00PM Saturday Taylor Residents Only 2:00—5:00PM Sunday
7:00—8:00PM	Open to Residents and Members	Open to Residents and Members	Open to Residents and Members	Open to Residents and Members	Open to Residents and Members	

Aqua Strength: A low-impact water workout for all abilities and levels to help tone your muscles, improve your balance, and increase range of motion. It creates overall improved strength through the natural resistance of water. (Your head does not go under the water.)

Aqua Circuit: A higher energy aquatic workout, targeting all the major muscles using water resistance to challenge all levels. This class includes cardio and muscle conditioning with noodles, buoys, and bands. Methods of interval training, tabata and pyramids may be used to create fun, effective workouts.

Arthritis Aqua-Cize: A gentle low-impact workout designed to decrease joint tightness, reduce joint pain, and increase range of movement in our 92-degree pool!