

# Woodside Pool Schedule March 2020



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	Deep End Open to Members  Water babies 8:00-10:15AM (Ends 3/14)
8:30—9:15AM	Pool Yoga with Russ Jones 9:00-9:45AM Open to Members	Aqua Circuit 8:30—9:15AM with Robert Open to Members	<b>GPT&amp;S 1:1</b> 9:00AM—12:00PM  (Open to Members)	Aqua Circuit 8:30—9:15AM with Martha Open to Members	Pool Yoga with Russ Jones 9:00-9:45AM Open to Members	
9:15AM	Open to Members	Open to Members		Open to Members	Open to Members	
10:00AM	Gentle Arthritis Aqua-Cize with Heather 10:00-10:30AM	Taylor Resident Only Aqua Strength 10:00—10:45AM		Taylor Resident Only Aqua Strength 10:00—10:45AM	Gentle Arthritis Aqua-Cize with Heather 10:00—10:30AM	
11:00AM	Open to Members	<b>LRMHC: In Shape 1:1</b> 11:00—12:30PM (Deep end only open to Members)		<b>LRMHC: In Shape 1:1</b> 11:00—12:30PM (Deep end only open to Members)	Open to Members	Open to Members
12:00—2:00PM	(Pool Closed 12:30-1:00PM) Open to Members	(Pool Closed 12:30-1:00PM) Open to Members	Open to Members	(Pool Closed 12:30-1:00PM) Open to Members	(Pool Closed 12:30-1:00PM) Open to Members	Open to Members
2:00—3:00PM	Taylor Resident Swim	Water babies 3:15-6:30PM Ends 3/10	Taylor Resident Swim	Open to Members	Taylor Resident Swim	Resident Swim 2-3:30PM-Saturday  Open to Members 3:30-5PM
3:30—7:00PM	Open to Members	Water babies ends at 6:30PM Ends 3/10	Aqua Circuit 3:30—4:15PM with Heather Open to Members	Open to Members	Staff Yoga with Russ Jones 3:00-3:45PM Open to Members	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!

**Pool Yoga:** Come and enjoy the gentle and safe therapeutic postures of yoga in the comfort of a warm pool.