

# Aquatic Class Schedule

Main Pool | Warm Water Pool | Monday, July 9 - Sunday, September 2

## Lake Forest Health & Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:50a Arthritis Marylee P	9:00-9:50a Arthritis Pam	8:00-8:50a Arthritis Loralee V	9:00-9:50a Arthritis Mary R	8:00-8:50a Arthritis Dale
9:00-9:50a Arthritis Marylee P	9:00-10:00a Aqua Aerobics Amy P	9:00-9:50a Arthritis Amy K	9:00-10:00a Aqua Aerobics Carl	9:00-9:50a Arthritis Kate
9:00-10:00a Aqua Aerobics Lora D	10:00-10:50a Arthritis Dale	9:00-10:00a Aqua Aerobics Loralee V	10:00-10:50a Arthritis Mary R	9:00-10:00a Aqua Aerobics Loralee V
10:00-10:50a Arthritis Kris	10:30a-12:00p Tri-Training Group (RF) Kate	10:00-10:50a Arthritis Kris	11:00-11:50a Arthritis Mary R	10:00-10:50a Arthritis Loralee V
11:00-11:50a Ai Chi Kris	11:00-11:50a Arthritis Marylee P	11:00-11:50a Ai Chi Canella	5:30-6:20p Arthritis Diane	11:00-11:50a Ai Chi Canella
12:30-1:20p Arthritis Kris	5:30-6:20p Arthritis Kris	12:30-1:20p Arthritis Kris	6:30-7:30p Fibro Lisa	5:30-6:30p Aqua Aerobics Carl/Taylor
5:00-6:00p Aqua Aerobics Susie P	6:30-8:30p Tri-Training Group (RF) Kate	5:30-6:20p Arthritis Andrew		
5:30-6:20p Arthritis Audrey		5:30-6:30p Aqua Aerobics Carl		
6:30-7:30p Fibro Lisa				

SATURDAY	
6:15-8:15a	Tri-Training Group (RF) Kate
9:00-9:50a	Arthritis Pam
9:00-10:00a	Aqua Aerobics Drew/Terry
10:00-10:50a	Arthritis Drew/Marylee

SUNDAY	
9:00-10:00a	Aqua Aerobics Rotation
10:00-10:50a	Arthritis Rotation

- = main pool
- = warm water pool
- (RF)** = registration/fee

Pools are a Cell-Free Zone. Cell phones may be used in the café, library and lobby areas only.

Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

**Aqua Aerobics** — Splash into this low impact cardio and conditioning class. Instructors use the latest aqua-based techniques to provide a high-energy workout that is easy on the joints. Barbells and noodles are also used for upper body and core training. Classes are appropriate for multiple fitness levels and are held in the Lap Pool

**Aqua Arthritis** — Arthritis Foundation Aquatic Program classes will help you to increase joint range of motion, build muscle strength and help reduce pain and stiffness. Classes are held in the Warm Water Therapy Pool; sessions are 16 weeks long and enrollment is required.

**Aqua Yoga** - Yoga in the water is an exciting way to begin or continue your yoga practice. The feeling of weightlessness in the water takes the stress out of challenged joints and stabilizes them to free muscular tightness or discomfort. A practice of mostly standing postures (head stays above water) are presented with props and modifications, making the practice of yoga accessible to EVERY BODY. Both beginning and experienced yogis welcome!

**Ai Chi** — Similar to tai chi but performed in the Warm Water Therapy Pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility and experience the deep relaxation that promotes sleep. Classes are held in the Warm Water Therapy Pool.

**Fibro** — This class is designed specifically for participants who suffer from fibromyalgia. Classes are held in the Warm Water Therapy Pool.

**Triathlon Training Group** — Challenging and fun workouts include a detailed daily workout program that will leave you well-prepared for your next triathlon! Registration and fee apply.