



AQUATIC GROUP FITNESS SCHEDULE

(937) 653-9622

191 COMMUNITY DR. URBANA, OH 43078

MONDAY

9:30-10:15AM	ARTHRITIS BASED PRO
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ARTHRITIS BASED PROGRAM - Do you have arthritis? Would you like to continue to stay active? This program is for you! The intensity of this class is determined by YOU. The movements are enjoyable and designed to improve range of motion and flexibility while having a great time. We sing, play, and socialize while working on our mobility, strength, and sense of humor.

TUESDAY

9:30-10:30AM	WATER AEROBICS
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IN THE MIDDLE - Ever feel like you're stuck in between wanting to be in the deep end, but really enjoying the movements of the shallow end? With this class, that's right where you belong! You don't have to decide between deep or shallow work because you can get it all with this one class! You can choose to use floatation devices or nothing at all in the shallow, deep or anywhere in between. This one workout will take care of it all.

WEDNESDAY

9:30-10:15AM	ARTHRITIS BASED PRO
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CHILDWATCH HOURS

M-F 8:30-11:30AM

M-THR EVE 5:00-8:30PM

SATURDAYS 8:00AM-12:00PM

THURSDAY

9:30-10:30	WATER AEROBICS
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FRIDAY

8:30-9:15AM	ARTHRITIS BASED PRO
9:30-10:15AM	ARTHRITIS BASED PRO