



# 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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## TUESDAY

9:30-10:30AM	SPLASHDANCE
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## WEDNESDAY

9:30-10:15AM	ARTHRITIS BASED PRO
5:00-5:55PM	SPLASHDANCE

## THURSDAY

9:30-10:30	SPLASHDANCE
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## FRIDAY

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.

**SPLASHDANCE.** – Get ready to make waves with splashdance. This high-energy water workout combines fun music with easy to follow dance moves in the pool, giving you a full body workout session that's low impact and a whole lot of fun!

### CHILDWATCH HOURS

**M-F 8:30-11:30AM**

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

**SATURDAYS 8:00AM-12:00PM**

