

Aquatic - Group Exercise Schedule - Early Fall 2019					Updated
					9/19/2019
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am <b>Deep Water-L</b> Paul				8:00-9:00am <b>Deep Water-L</b> Gayle	
9:00-10:00am <b>Aqua Intervals-L</b> Mary Beth	9:00-10:00am <b>WIM-L</b> Jen	9:00-10:00am <b>Deep Water-L</b> Paul	9:00-10:00am <b>WIM-L</b> Jen	9:00-10:00am <b>Aqua Dance-L</b> Gayle	9:15-10:15am <b>Aqua Splash-L</b> Rotation
10:15-11:00am <b>Aqua Vitality-W</b> Paul	10:00-11:00am <b>Water Walking-L/W</b> Jen	10:15-11:00 <b>Aqua Vitality-W</b> Paul	10:00-11:00am <b>Water Walking-L/W</b> Mary Beth	10:15-10:45am <b>Ai Chi-W</b> Gayle	
12:00-1:00pm <b>Aqua Yoga-W</b> Debbie	11:15-12:00pm <b>Aqua Arthritis-W</b> Paul	12:00-1:00pm <b>Aqua Yoga-W</b> Debbie	11:15-12:00pm <b>Aqua Arthritis-W</b> Paul	11:00-11:30am <b>Aqua Vitality-W</b> Paul	
		5:15-5:45pm <b>Ai Chi-W</b> Gayle			
6:00-7:00pm <b>Aqua Splash-L</b> Ruth	6:00-7:00pm <b>Aqua Intervals-L</b> Tracy	6:00-7:00pm <b>WIM/Splash-L</b> Gayle	6:00-7:00pm <b>Aqua Intervals-L</b> Tracy		

<b>Ai Chi:</b>	Emphasizes balance and flowing movement in warm water.
<b>Aqua Arthritis:</b>	Uses range of motion in warm water to help reduce pain/stiffness caused by arthritis.
<b>Aqua Dance:</b>	Enjoy dancing in the water and moving to the music.
<b>Aqua Intervals:</b>	Incorporates cardio/strength aqua intervals to improve total fitness.
<b>Aqua Splash:</b>	Uses fun, simple aqua cardio routines to improve coordination and strength.
<b>Aqua Vitality:</b>	Range of movement, core, flexibility and fun in the warm water!
<b>Aqua Yoga:</b>	Yoga postures for mind/body balance and stretching in warm water.
<b>Deep Water:</b>	Suspended class uses aqua belts, intervals and basic movements for a Great cardio workout.
<b>WIM:</b>	(Water In Motion) A shallow workout to strengthen/tone the whole body.
<b>Water Walking:</b>	Burn twice the calories of land walking and get strength/cardio all in one.

#### Locations

L = Lap Pool

W = Warm Water Pool

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or visit our website  
[northpointewellness.org](http://northpointewellness.org)  
for the most up-to-date schedule and  
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