

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>CLOSED</b>  <b>Happy New Years</b>	2 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b> 5:30 Aqua Stretch 6:30 Aqua Advanced	3 8:00 Aqua Cardio 9:00 Aqua Strength <b>11:00 Physical Therapy</b>	4 8:00 RESERVED
5	6 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b>	7 8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b>  5:30 Aqua Stretch 6:30 Aqua Advanced	8  <b>11:00 Physical Therapy</b>  <b>5:15 Aqua ZUMBA</b>	9 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b> 5:30 Aqua Stretch 6:30 Aqua Advanced	10 8:00 Aqua Cardio 9:00 Aqua Strength <b>11:00 Physical Therapy</b>	11 8:00 RESERVED
12	13 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b>	14 8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b>  5:30 Aqua Stretch 6:30 Aqua Advanced	15  <b>11:00 Physical Therapy</b>  <b>5:15 Aqua ZUMBA</b>	16 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b> 5:30 Aqua Stretch 6:30 Aqua Advanced	17 8:00 Aqua Cardio 9:00 Aqua Strength <b>11:00 Physical Therapy</b>	18 8:00 RESERVED
19	20 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b>	21 8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b>  5:30 Aqua Stretch 6:30 Aqua Advanced	22  <b>11:00 Physical Therapy</b>  <b>5:15 Aqua ZUMBA</b>	23 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b> 5:30 Aqua Stretch 6:30 Aqua Advanced	24 8:00 Aqua Cardio 9:00 Aqua Strength <b>11:00 Physical Therapy</b>	25 8:00 RESERVED
26	27 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b>	28 8:30 Aqua Cardio 9:30 Aqua Strength <b>11:00 Physical Therapy</b>  5:30 Aqua Stretch 6:30 Aqua Advanced	29  <b>11:00 Physical Therapy</b>  <b>5:15 Aqua ZUMBA</b>	30 8:00 Aqua Cardio 9:00 Aqua Strength 10:00 Gentle Fitness <b>11:00 Physical Therapy</b> 5:30 Aqua Stretch 6:30 Aqua Advanced	31 8:00 Aqua Cardio 9:00 Aqua Strength <b>11:00 Physical Therapy</b>	

# January Aquatic

**Aqua Cardio/Endurance** - An aquatic inspired class that is instructed at a higher intensity. Targets all major muscle groups, elevates heart rate while toning all muscle groups along with improving endurance and mobility.

**Aqua Strength/Condition** - An aquatic class that is conducted at a slower pace and designed to improve muscle strength/conditioning in all major muscle groups while improving flexibility.

**Aqua Stretch** - light work out with foam hand weights and noodles to stretch, loosen, and warm up the body.

**Aqua Advanced** - more intense paced class emphasizing CORE strengthening with foam hand weights and noodles.

**Gentle Fitness** - easy, gentle stretching designed to help improve flexibility of joints, strength, and mobility.

**Aqua Zumba**— An effective water-based workout that blends high-energy Zumba® moves with low-impact aqua fitness

**Splish Splash Cardio** - a very active total body aerobic workout done while listening to music. Non Swimmers welcome.

**Splish Splash TONE** - with music in background, we use pool equipment to engage all major muscle groups while getting a great cardio workout!

***All times listed are reserved for the aquatic classes and will be reserved for the full hour. Please respect our instructors and members posted time by not intruding unless participating.***

***Swim Lessons are reserved and we thank you for your patience regarding the fall schedule.***

***Lane/Open swimming : If not previously listed on schedule; all other times in the pool is named LANE/OPEN SWIM time for members to workout at their discretion, if not with other members in a group setting.***

***Pool Opens :***

***Monday-Friday at 4:00a.m.-10:00p.m. Saturday 8:00a.m.-6:00p.m. Sunday 12:00p.m.-6:00p.m.***

## ***Hours of Operation***

**Sunday 12:00p.m.-6:00p.m**

**Monday-Friday**

**4:00a.m.-10:00p.m.**

**Saturday 8:00a.m.-6:00p.m.**



**Kaiser Wellness Center**

**3349 S. Hwy 181**

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