

# Aquatics Schedule

Program Descriptions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Peptides</b> Learn proper body mechanics and water techniques; enjoy the fun of group exercise.</p> <p><b>Aqua Flex</b> A gentle, therapeutic water exercise program featuring stretching, relaxation and water aerobics.</p> <p><b>Senior Aqua</b> Get the benefits of low impact aerobics as you work out against the water's resistance. The class is designed to systemically workout your entire body. Stretching, strengthening, and aerobic phases are included.</p> <p><b>Quiet Time</b> This is a scheduled time set-aside for Physical Therapy, or continuing Rehab patients. Using water as a medium not intended for swimming and splashing.</p> <p><b>High Waves / Whitewater/Cardio</b> Higher intensity aerobics, longer duration. Fun for all who like a challenge.</p>	<p><b>8:00-9:00</b> Peptides <i>Judy</i></p> <p><b>9:10-10:00</b> Aqua Flex <i>Khadija</i></p> <p><b>4:30-5:30</b> Whitewater <i>Pam</i></p>	<p><b>10:00-11:00</b> Senior Aqua <i>Rosie</i></p> <p><b>1:00-3:00</b> <b>Quiet Time</b> (Physical Therapy)</p> <p><b>5:15-6:15</b> High Waves <i>Nancy</i></p>	<p><b>8:00-9:00</b> Peptides <i>Judy</i></p> <p><b>9:10-10:00</b> Aqua Flex <i>Khadija</i></p> <p><b>4:30-5:30</b> Whitewater <i>Pam</i></p>	<p><b>10:00-11:00</b> Senior Aqua <i>Rosie</i></p> <p><b>1:00-3:00</b> <b>Quiet Time</b> (Physical Therapy)</p> <p><b>5:15-6:15</b> High Waves <i>Nancy</i></p>	<p><b>8:00-9:00</b> Peptides <i>Judy</i></p> <p><b>9:10-10:00</b> Aqua Flex <i>Khadija</i></p> <p><b>4:30-5:30</b> Whitewater <i>Pam</i></p>	<p><b>10:00-11:00</b> Senior Aqua <i>Rosie</i></p> <div data-bbox="1831 829 2011 938" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Sunday</b></p> </div>

Effective: December 2009