

SAMPLE OF FITNESS CENTER CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AQUA AEROBICS <i>Moderate</i>	AI CHI <i>Mild</i>	AQUA AEROBICS <i>Moderate</i>	AI CHI <i>Mild</i>	AQUA AEROBICS <i>Moderate</i>	
	THERAPEUTIC POOL <i>Mild</i>	ARTHRITIS AEROBICS <i>Moderate</i>	THERAPEUTIC POOL <i>Mild</i>	ARTHRITIS AEROBICS <i>Moderate</i>	THERAPEUTIC POOL <i>Mild</i>	
	ARTHRITIS FOUNDATION PLUS <i>Mild/Moderate</i>	ARTHRITIS FOUNDATION <i>Mild</i>	ARTHRITIS FOUNDATION PLUS <i>Mild/Moderate</i>	ARTHRITIS FOUNDATION <i>Mild</i>	ARTHRITIS FOUNDATION PLUS <i>Mild/Moderate</i>	
		MODERATE AQUATICS <i>Mild/Moderate</i>		MODERATE AQUATICS <i>Mild/Moderate</i>		
		SPIRITED AQUATICS <i>Vigorous</i>		SPIRITED AQUATICS <i>Vigorous</i>		
OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL	OPEN POOL
GYM ASSISTANCE	GYM ASSISTANCE	GYM ASSISTANCE	GYM ASSISTANCE	GYM ASSISTANCE	GYM ASSISTANCE	GYM ASSISTANCE
		THEATER		THEATER		<p style="text-align: center;"><u>Please Call</u> Our Fitness Director, Rick Pizzuto, to Inquire About Specific Times</p>
		CHAIR EXERCISE 1		CHAIR EXERCISE 1		
		CHAIR EXERCISE 2		CHAIR EXERCISE 2		