

# Temporary Aquatic Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Gentle Currents (T)		Gentle Currents (T)		Gentle Currents (T)
9:00am		Gentle Currents (T)		Gentle Currents (T)	
10:00am	H2O 'Robics	Aqua Zumba	H2O 'Robics	Aqua Zumba	H2O 'Robics
5:45pm	H2O 'Robics	H2O 'Robics		H2O 'Robics	

(T) - Therapy Pool

## Class Descriptions

**Aqua Zumba®**- Just add water and shake! Have fun and shake off the calories in this 45 min. cardio dance class in the water.

**H<sub>2</sub>O 'ROBICS** - A 45 minute, high-paced and fun workout combining cardio and toning.

**Gentle Currents** - 45 min. of light movements and low intensity exercises to increase flexibility, mobility, strength, and range of motion.

- Maximum participants allowed in Therapy Pool is 10.
- Maximum participants allowed in Lap Pool is 20.
- Space is available on a first come first serve basis until the caps for participants are reached.
- Please maintain social distancing of 6 feet apart in classes.
- There is a minimum of 3 participants required for classes to meet and will be called after a 5 minute wait.