




Happy St. Patrick's Day

AQUATIC EXERCISE MARCH 2014

PRINCETON HEALTH & FITNESS CENTER –487-7876

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Toning Class 9:30 Suzanne
2	3 8:00 Mollie 9:00 Tracy 5:30 Cindy	4 8:00 Cindy 9:00 Tracy 5:30 Suzanne	5 8:00 Mollie 9:00 Rebecca 5:30 Denise	6 8:00 Rebecca 9:00 Mollie 5:30 Rebecca	7 8:00 Cindy 9:00 Rebecca	8 Toning Class 9:30 Cindy
9	10 8:00 Mollie 9:00 Tracy 5:30 Rebecca	11 8:00 Cindy 9:00 Tracy 5:30 Nancy	12 8:00 Mollie 9:00 Rebecca 5:30 Cindy	13 8:00 Cindy 9:00 Rebecca 5:30 Suzanne	14 8:00 Mollie 9:00 Cindy	15 Toning Class 9:30 Tracy
16	 8:00 Tracy 9:00 Rebecca 5:30 Cindy	18 8:00 Cindy 9:00 Tracy 5:30 Suzanne	19 8:00 Mollie 9:00 Rebecca 5:30 Denise	20 8:00 Cindy 9:00 Tracy 5:30 Cindy	21 8:00 Rebecca 9:00 Mollie	22 Toning Class 9:30 Suzanne
23	24 8:00 Mollie 9:00 Tracy 5:30 Cindy	25 8:00 Rebecca 9:00 Tracy 5:30 Nancy	26 8:00 Mollie 9:00 Rebecca 5:30 Denise	27 8:00 Cindy 9:00 Tracy 5:30 Suzanne	28 8:00 Rebecca 9:00 Cindy	29 Toning Class 9:30 Rebecca

AQUATIC CLASS DESCRIPTION

Aquatic Classes offer an hour of cardio & strength training movements utilizing all the properties of the water to keep your joints safe and still give you a great workout. Buoy dumbbells, noodles and kickboards are used for resistance training and balance.

Toning Classes are 45 minutes long and are held in the Therapy Pool. These classes are taught at a lower intensity level and are designed to help
Improve range of motion, pain and stiffness.

Aquatic Classes Are Good For All Fitness Levels

AQUATIC EXERCISE-CLASS DESCRIPTION

Time/Day	Mon	Tue	Wed	Thu	Fri	Sat
8:00 am	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	
9:00 am	Aqua Fit	<i>Toning</i>	Aqua Fit	<i>Toning</i>	Aqua Fit	
9:30 am						Toning
5:30 pm	Aqua Fit	<i>Toning</i>	Aqua Fit	<i>Toning</i>		

Class Descriptions

Aqua Fit- A refreshing change of pace for cardiovascular & muscular conditioning with minimal impact & low stress to the body. Buoy dumb-bells & noodles are used for resistance training.

Aquatic Toning- The Toning Class is a 45-minute class taught in the warm, therapy pool. This class is designed to tone and sculpt muscles followed by a relaxing stretch at the end.