SCAN TO

AQUATIC FITNESS MAY *2019*

www.princetonhealthandfitness.com / 304.487.7876

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			8:00 **AF** CINDY 9:00 **AF** REBECCA 5:30 **AF** DENISE	8:00 **AF** MOLLIE 9:00 **AT** MOLLIE 5:30 **AT** REBECCA	8:00 **AF** CINDY 9:00 **AF** MOLLIE	9:30 **AT** MOLLIE
5	6	7	8	9	10	11
	8:00 **AF** MOLLIE 9:00 **AF** CINDY 5:30 **AF** DENISE	6:00 **AF** KEITH 8:00 **AF** CINDY 9:00 **AT** CINDY 5:30 **AT** JENNIFER	8:00 **AF** CINDY 9:00 **AF** MOLLIE 5:30 **AF** DENISE	8:00 **AF** MOLLIE 9:00 **AT** MOLLIE 5:30 **AT** JENNIFER	8:00 **AF** MOLLIE 9:00 **AF** CINDY	9:30 **AT** SUZANNE
12	13	14	15	16	17	18
	8:00 **AF** REBECCA 9:00 **AF** CINDY 5:30 **AF** DENISE	6:00 **AF** DENISE 8:00 **AF** MOLLIE 9:00 **AT** MOLLIE 5:30 **AT** REBECCA	8:00 **AF** CINDY 9:00 **AF** REBECCA 5:30 **AF** DENISE	8:00 **AF** MOLLIE 9:00 **AT** MOLLIE 5:30 **AT** SUZANNE	8:00 **AF** CINDY 9:00 **AF** REBECCA	9:30 **AT** SUZANNE
19	20	21	22	23	24	25
	8:00 **AF** REBECCA 9:00 **AF** CINDY 5:30 **AF** DENISE	6:00 **AF** KEITH 8:00 **AF** CINDY 9:00 **AT** CINDY 5:30 **AT** SUZANNE	8:00 **AF** CINDY 9:00 **AF** MOLLIE 5:30 **AF** DENISE	8:00 **AF** MOLLIE 9:00 **AF** MOLLIE 5:30 **AT** SUZANNE	8:00 **AF** CINDY 9:00 **AF** REBECCA	9:30 **AT** REBECCA
26	27	28	29	30	31	
	Have a Happy & Safe Memorial Day!	6:00 **AF** DENISE 8:00 **AF** CINDY 9:00 **AT** CINDY 5:30 **AT** JENNIFER	8:00 **AF** REBECCA 9:00 **AF** CINDY 5:30 **AF** DENISE	8:00 **AF** MOLLIE 9:00 **AF** MOLLIE 5:30 **AT** SUZANNE	8:00 **AF** CINDY 9:00 **AF** REBECCA	
31						

CLASS KEY AND DESCRIPTIONS:

AF: Aquatic Fitness - Aqua Fit classes include the use of equipment for a moderate to vigorous workout, including cardiovascular, toning and stretching exercises. Buoy dumb-bells, noodles and other equipment are used for resistance training and balance.

Water exercise offers advantages over land-based exercise:

(1) The buoyancy provided by the water allows you to move more easily with decreased stress on muscles, joints and bones, while increasing flexibility and balance.
(2) Resistance of the water allows for higher workout intensities with less impact on your body
(3) Exercises performed in the water allow the heart to work more efficiently, making it a great cardiovascular workout.
(4) The pressure of the water on your joints and muscles comforts your body while you exercise, leaving you feeling less fatigued.
(5) Support provided by the water reduces the fear of falling.

AT: Aquatic Toning - The Aqua Toning class is a 45-minute class taught in the warm therapy pool. Warm water stimulates blood flow to stiff muscles and joints. Movement in the warm water can be helpful in fighting the pain and stiffness of arthritis and fibromyalgia, along with many other conditions. Many participants find that exercising in warm water two or three times per week experience decreased pain find that exercising in warm water two or three times per week experience decreased pain and stiffness and increased physical function.

Warm water exercise provides many physical benefits:

(1) Decreased joint pain and stiffness.
(2) Improved bone density.
(3) Improved flexibility and range of motion.
(4) Increased circulation.
(5) Muscle relaxation and pain relief.
(6) Strengthened muscles.
(7) Reduced stress and improved mood.