

Aquatic Class Schedule

Main Pool | Warm Water Pool | Tuesday, January 2 - Sunday, March 25

Lake Forest Health & Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:50a Arthritis Marylee	9:00-9:50a Arthritis Tracey	8:00-8:50a Arthritis Tracey	9:00-9:50a Arthritis Mary R.	8:00-8:50a Arthritis Dale
9:00-9:50a Arthritis Marylee	9:00-10:00a Aqua Aerobics Susan	9:00-9:50a Arthritis Amy K	9:00-10:00a Aqua Aerobics Carl	9:00-9:50a Arthritis Kate
9:00-10:00a Aqua Aerobics Lora	10:00-10:50a Arthritis Tracey	9:00-10:00a Aqua Aerobics Tracey	10:00-10:50a Arthritis Mary R.	9:00-10:00a Aqua Aerobics Loralee
10:00-10:50a Arthritis Marylee	10:30a-12:00p Tri-Training Group (RF) Kate	10:00-10:50a Arthritis Kris	11:00-11:50a Arthritis Mary R.	10:00-10:50a Arthritis Loralee
11:00-11:50a Ai Chi Kris	11:00-11:50a Arthritis Tracey	11:00-11:50a Ai Chi Canella	5:30-6:20p Arthritis Diane	11:00-11:50a Ai Chi Loralee
12:30-1:20p Arthritis Kris	5:30-6:20p Arthritis Susan	12:30-1:20p Arthritis Kris	6:30-7:30p Fibro Lisa W.	5:30-6:30p Aqua Aerobics Rotation
5:00-6:00p Aqua Aerobics Susie P	6:30-8:30p Tri-Training Group (RF) Kate	5:30-6:20p Arthritis Kris		
5:30-6:20p Arthritis Susan		5:30-6:30p Aqua Aerobics Carl		
6:30-7:30p Fibro Lisa W.				

SATURDAY	
6:15-8:15a	Tri-Training Group (RF) Kate
9:00-9:50a	Arthritis Pam
9:00-10:00a	Aqua Aerobics Tracey
10:00-10:50a	Arthritis Tracey

SUNDAY	
9:00-10:00a	Aqua Aerobics Rotation
10:00-10:50a	Arthritis Rotation

- = main pool
- = warm water pool
- (RF)** = registration/fee

Pools are a Cell-Free Zone. Cell phones may be used in the café, library and lobby areas only.

Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

Aqua Aerobics — Splash into this low impact cardio and conditioning class. Instructors use the latest aqua-based techniques to provide a high-energy workout that is easy on the joints. Barbells and noodles are also used for upper body and core training. Classes are appropriate for multiple fitness levels and are held in the Lap Pool

Aqua Arthritis — Arthritis Foundation Aquatic Program classes will help you to increase joint range of motion, build muscle strength and help reduce pain and stiffness. Classes are held in the Warm Water Therapy Pool; sessions are 16 weeks long and enrollment is required.

Ai Chi — Similar to tai chi but performed in the Warm Water Therapy Pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility and experience the deep relaxation that promotes sleep. Classes are held in the Warm Water Therapy Pool.

Fibro — This class is designed specifically for participants who suffer from fibromyalgia. Classes are held in the Warm Water Therapy Pool.

Triathlon Training Group — Challenging and fun workouts include a detailed daily workout program that will leave you well-prepared for your next triathlon! Registration and fee apply.

For more information, please contact Amy Pierce at 847.535.7173 or email to Amy.Pierce@nm.org.