

Aquatics & Fitness Exercise Class Schedule

Group Exercise Studio

SilverSneakers–Cardio Circuit	8:00 AM	8:45 AM		Tu		Th		
Expression through Movement*	9:00 AM	10:00 AM				Th		
YogaFLOW*	10:30 AM	11:15 AM	M		W			
Balance & Beyond*	11:30 AM	12:30 PM	M		W			
New Forest T'ai Chi*	12:00 PM	1:00 PM		Tu		Th		
Basics of Balance 1*	12:30 PM	1:00 PM	M		W			
Basics of Balance 2*	1:00 PM	1:30 PM	M		W			
SilverSneakers – Strength & Movement	1:30 PM	2:15 PM	M		W		F	
Circuit Class*	2:00 PM	3:00 PM		Tu		Th		
Evening Circuit Class*	5:30 PM	6:30 PM		Tu				
Adapted Yoga	5:30 PM	6:30 PM	M			Th		

*Check specific class schedule for dates and times – class offered on a quarterly basis. Please call [Ann O’Nihill](tel:2053137468) at (205) 313–7468.

Aquatics – Therapy Pool

Hydro Healing	8:30 AM	9:15 AM	M		W		F	
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Aqua Range of Motion	10:30 AM	11:00 AM	M	Tu	W	Th	F	
Ai Chi	11:00 AM	11:30 AM	M	Tu	W	Th	F	
Hydro Healing	1:00 PM	1:45 PM	M		W		F	
Healthy Back & Core	2:00 PM	3:00 PM	M		W		F	
Parkinson's Aquatics Class	2:00 PM	2:45 PM		Tu		Th		
Wind Down With Water	5:30 PM	6:15 PM	M					

Aquatics – Lap Pool

Shallow H2O Exercise	8:30 AM	9:15 AM	M		W		F	
Aquafit	8:30 AM	9:30 AM						Sa
AquaFit	9:00 AM	10:00 AM		Tu		Th		
Hydro Power	9:30 AM	10:15 AM	M		W		F	
MS Aquatics	10:30 AM	11:30 AM		Tu		Th		
Adult Learn to Swim	10:30 AM	11:30 AM	M		W		F	
AquaFit	11:45 AM	12:45 PM	M		W		F	
Adult Swim Team	5:30 PM	6:30 PM	M		W			
Deep Water Sweat	5:30 PM	6:30 PM		Tu		Th		

Evening Adult Learn to Swim	5:30 PM	6:30 PM		Tu		Th		

Fieldhouse – Walking Track

Walk & Roll	7:30 AM	8:15 AM	M		W		F	
Walk & Roll	11:30 AM	12:15 PM	M		W		F	

Please note that classes and instructors are subject to change