Classes

Arthritis Basic
(Low Intensity)

This low-intensity class is designed to help individuals with arthritis and decreased mobility. The Arthritis Foundation® approved exercises focus on improving balance, coordination and range of motion.

Arthritis Plus
(Low Intensity)

This low-intensity class is designed to provide individuals with an opportunity to increase their endurance and strengthen their cardiovascular system. The class is approved by the Arthritis Foundation®.

Arthritis Advanced
(High Intensity)

This high-intensity class includes Arthritis Foundation® approved exercises emphasizing balance and flexibility. The faster pace exercises build stamina and cardiovascular strength.

Water Aerobics
(High Intensity)

This fast-paced, high-intensity class focuses on increasing stamina, muscle tone and improving range of motion. The class consists of a complete warm-up, an aerobic and core strenghtening routine and a proper cool down.

Open Time

This time is reserved for self-lead activity. No instruction is provided during this time. Lap swimming not permitted.

Therapeutic Pool Hours of Operation

Our Therapeutic Pool is open Monday, Tuesday and Thursday from 8 a.m. to 7:40 p.m., Wednesday from 9:40 a.m. to 6 p.m., Friday from 8 a.m. to 6 p.m. The Therapeutic Pool is closed Saturday and Sunday. For your maximum benefit, most classes are offered on a Monday/ Thursday or Tuesday/ Friday schedule. Classes are 40 minutes in length and class size is limited to 30 participants.

Class Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:40 a.m.	Arthritis Plus	Arthritis Basic	Closed	Arthritis Plus	Arthritis Basic
9:00 - 9:40 a.m.	Arthritis Basic	Arthritis Plus	Closed	Arthritis Basic	Arthritis Plus
9:40 - 11:00 a.m.	Open Time	Open Time	Open Time	Open Time	Open Time
11:00 - 11:40 a.m.	Water Aerobics	Water Aerobics	Open Time	Water Aerobics	Water Aerobics
12:00 - 12:40 p.m.	Arthritis Plus	Arthritis Basic	Open Time	Arthritis Plus	Arthritis Basic
12:40 - 2:00 p.m.	Open Time	Open Time	Open Time	Open Time	Open Time
2:00 - 2:40 p.m.	Arthritis Basic	Arthritis Plus	Open Time	Arthritis Basic	Arthritis Plus
3:00 - 3:40 p.m.	Arthritis Plus	Arthritis Basic	Open Time	Arthritis Plus	Arthritis Basic
3:40 - 6:00 p.m.	Open Time	Open Time	Open Time	Open Time	Open Time
6:00 - 6:40 p.m.	Arthritis Advanced	Arthritis Advanced	Closed	Arthritis Advanced	Closed
7:00 - 7:40 p.m.	Water Aerobics	Water Aerobics	Closed	Water Aerobics	Closed