



The right time. The right care. The right place.™

Aquatic Exercise Classes 2010

Residents' Center

Call 265-2211 to register

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45	<i>Tone & Stretch (Sara)</i>		<i>Tone & Stretch (Sara)</i>		<i>Tone & Stretch (Sara)</i>
10:00-10:45		<i>Arthritis Foundation Aquatic Program I (Amy)</i>		<i>Arthritis Foundation Aquatic Program I (Amy)</i>	
11:00 – 11:45		<i>Arthritis Foundation Aquatic Program II (Amy)</i>		<i>Arthritis Foundation Aquatic Program II (Amy)</i>	
12:00 – 12:45	<i>Tone & Stretch (Nora)</i>	<i>Aqua Fit (Nora)</i>	<i>Tone & Stretch (Amy)</i>	<i>Aqua Fit (Nora)</i>	
1:00 – 1:45	<i>Aquacise (Nora)</i>		<i>Aquacise (Amy)</i>		
1:30-2:15		<i>Arthritis Foundation Aquatic Program III (Nora)</i>		<i>Arthritis Foundation Aquatic Program III (Nora)</i>	

Aquatic Classes

- **Aquacise:** This 45 minute class is a general whole body conditioning and strengthening class, which will incorporate cardiovascular, strengthening, balance and flexibility activities with **minimal** impact.
- **Aqua Fit:** This 45 minute workout is a total body conditioning class. It incorporates lite aerobic with strengthening and stretching.
- **Arthritis Foundation Aquatic Program:** This program combines the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements used in the program increase joint flexibility and range of motion, while restoring or maintaining muscle strength.
- **Tone & Stretch:** This is a 45 minute program designed to tone and stretch your entire body while providing **light** cardiovascular exercise. This is a **no impact** program with an emphasis on joint movement.

***Please bring own towels, water shoes recommended
The temperature of the pool is 90-92 degrees**

Classes are \$4.00 per class (\$3.50 for campus residents)



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Land Exercise Classes 2010

Residents' Center

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
10:00 - 10:45	Strength & Balance (Sara)		Strength & Balance (Sara)		Strength & Balance (Sara)
11:00 - 11:45	Parkinson's/MS (Sara)		Parkinson's/MS (Sara)		Parkinson's/MS (Sara)

Land Classes

- **Strength & Balance:** This 45-minute class focuses on increasing functional strength, balance and flexibility in order to enhance daily movements. This class will be in the seated and standing positions and will use a variety of exercise equipment.
- **Parkinson's/MS:** This class is designed to help improve the quality of life for those with Parkinson's disease or Multiple Sclerosis. Major areas addressed are balance, coordination, flexibility, and range of motion, gait, posture and relaxation. The group setting allows for social interaction with others living with Parkinson's or MS.

Friendship Outpatient & Wellness Services does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy, contact: Corporate Compliance Officer (540) 265-2222

Classes are \$4.00 per class (\$3.50 for campus residents)

Revised 8/31/10