



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

**Aquatic Exercise Classes 2012**

Residents' Center

Call 265-2199 to register

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45	<b>Tone &amp; Stretch Plus (Sadie)</b>	<b>Arthritis Foundation Plus (Sadie)</b>	<b>Tone &amp; Stretch Plus (Sara)</b>	<b>Arthritis Foundation Plus (Sadie)</b>	<b>Tone &amp; Stretch Plus (Sara)</b>
10:00-10:45		<b>Arthritis Foundation Aquatic Basic (Sadie)</b>		<b>Arthritis Foundation Aquatic Basic (Sadie)</b>	
11:00 – 11:45		<b>Arthritis Foundation Aquatic Basic (Sadie)</b>		<b>Arthritis Foundation Aquatic Basic (Sadie)</b>	
12:00 – 12:45	<b>Tone &amp; Stretch Plus (Sadie)</b>	<b>Aqua Fit (Nora)</b>	<b>Tone &amp; Stretch Plus (Sadie)</b>	<b>Aqua Fit (Nora)</b>	
1:00 – 1:45	<b>Aquacise (Sadie)</b>		<b>Aquacise (Sadie)</b>		
1:30-2:15		<b>Arthritis Foundation Aquatic Plus (Nora)</b>		<b>Arthritis Foundation Aquatic Plus (Nora)</b>	

**Aquatic Classes**

- **Aquacise:** This 45-minute program provides total body conditioning, which incorporates cardiovascular, strengthening, balance and flexibility activities with moderate impact and aerobic conditioning. Weights and noodles used.
- **Aqua Fit:** This 45-program provides total body conditioning, which incorporates cardiovascular, strengthening, balance and flexibility activities with moderate impact and aerobic conditioning. Weights and noodles used.
- **Arthritis Foundation Aquatic Program:**
- **AF Basic** 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, range of motion and cardiovascular endurance, while restoring muscle strength. Weights used.
- **AF Plus** combines the buoyancy of water and the warmth of a heated pool to relieve arthritis pain and stiffness. Gentle movements used maintain joint flexibility, range of motion, and cardiovascular endurance, while maintaining muscle strength. Low impact. Weights used.
- **Tone & Stretch:** This 45-minute program is designed to tone and stretch the entire body. This is a low-impact program with an emphasis on joint movement. Weights and noodles used. This class is ideal for pre and post joint replacements.

- \* Please bring towels, water shoes recommended
- \* Please no cotton or street shoes in the pool
- \* Pool temperature is 90 degrees

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



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

**Land Exercise Classes 2012**

Residents' Center

Call 265-2199 to register

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
10:00 - 10:45	<b>Strength &amp; Balance (Sadie)</b>		<b>Strength &amp; Balance (Sara)</b>		<b>Strength &amp; Balance (Sara)</b>
11:00 - 11:45	<b>Parkinson's/MS (Sadie)</b>		<b>Parkinson's/MS (Sara)</b>		<b>Parkinson's/MS (Sara)</b>

**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 11/11**