

Aquatics Schedule 2016

Times	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 a.m.	Pool	Cardio Waves (Jill)		Cardio Waves (Debbie)		Cardio Waves (Jill)	
8:00 a.m.	Pool	Arthritis (Jill)		Arthritis (Jill)		Arthritis (Jill)	
9:00 a.m.	Pool	Cardio Waves (Kat)	Cardio Waves (Jill)	Cardio Waves (Kat)	Cardio Waves (Jill)	Cardio Waves (Jill)	Cardio Waves/Aqua Zumba (TBA)
2:00 p.m.	Pool	Arthritis (Jill)		Arthritis (Jill)		Arthritis (Kat)	
5:30 p.m.	Pool	Aqua Zumba® (Veronica)	Cardio Waves (Melissa)	Cardio Waves (Melissa)			

Classes, class times, and instructors are subject to change. For the most recent schedules please call 401-7676 or check us out on the web at www.grmedcenter.com/wellness

Hours of Operation

Monday – Thursday 5:00 am – 9:00 pm
Friday 5:00 am – 8:00 pm
Saturday 8:00 am – 3:00 pm
Sunday 1:00 pm – 5:00 pm

OUR CERTIFIED INSTRUCTORS:

Nicole Bennett
Veronica Carter
Melissa Castillo
Lucas Elsik
Kyle Harper

Justin Gonzales
Jill Heard
Katherine Roy
Debbie Roberts
Josh Wilson

Class Description

Arthritis Water: A water exercise class designed for members who have specific arthritic problems. While it is at a lower intensity, it incorporates all water exercises specific for these conditions.

Aqua Zumba: A "pool party" workout for all ages. This safe, effective and challenging water-based workout integrates the **ZUMBA®** formula and philosophy into traditional aqua fitness disciplines.

Cardio Waves: This class has high intensity and aerobic activity in the shallow water. This workout consists of aquatic movements that encourage cardiovascular fitness. No swimming ability necessary. Fun for all fitness levels.