



April 2018 Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
2. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM	3. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	4. 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)	5. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	6. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)
9. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM	10. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	11. 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)	12. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	13. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)
16. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM	17. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	18. 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)	19. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	20. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)
23. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM	24. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	25. 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)	26. 8:30 Morning Mavericks (WV) 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 10:00 Makin' Waves (WCP)	27. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)
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MM (Morning Mavericks): A 30-minute class that will help strengthen all the major muscle groups of the body. Taught Monday/Friday at 8:30am in the Terrace Heights Dining Room and Tuesday/Thursday at 8:30am in the West View Dining Room.

Tai Ji Quan Moving for Better Balance (TJQMBB): A 45-60 minute evidence based fall prevention and balance class. Taught Monday/Wednesday at 10am in the Club Galeon Exercise Studio.

Tai Chi & Balance (TCB): A 30 minute class that combines exercises for balance and movements from our Tai Ji Quan Moving for Better Balance (TJQMBB) class. Taught Monday/Wednesday/Friday at 10:30am in the Club Galeon Exercise Studio.

Yoga: A 60-minute class that will help relieve stress, un-clutter the mind and helps you get more focused while learning various poses for flexibility. Taught Tuesday/Thursday/Friday at 9am in the Club Galeon Exercise Studio.

MW (Makin' Waves): This 45-minute class will use the water, noodles, and dumbbells, for strength, cardio, and flexibility. This is our highest intensity class and is taught Tuesday/Thursday at 10am in the Club Galeon Pool.

AA (Arthritis Aquatics): This 30-minute class has benefits like decreased pain and stiffness, improved joint flexibility, and muscular strength. Taught Monday/Wednesday at 9:30am in the Club Galeon Pool.

RP (Range Plus Aerobic): This 30-minute class has the benefits of the above class with a little more time spent on cardiovascular exercise. Taught Monday/Wednesday at 10am in the Club Galeon Pool.

T&T (This & That): This 45 minute class combines the Arthritis Aquatics with the Makin' Waves for those looking for a little more than the Arthritis class or a little less than the Makin Waves Class. Taught Friday at 9:45am in the Club Galeon Pool.

MSROM: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills. Taught Monday and Friday at 2pm in the Club Galeon Exercise Studio.