



January 2017 Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM</p>	<p>3. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>4. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)</p>	<p>5. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>6. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)</p>
<p>9. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM</p>	<p>10. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>11. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)</p>	<p>12. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>13. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)</p>
<p>16. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM</p>	<p>17. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>18. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)</p>	<p>19. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>20. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)</p>
<p>23. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM</p>	<p>24. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>25. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP)</p>	<p>26. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>	<p>27. 8:30 Morning Mavericks (TH) 9:00 Yoga + (WC) 9:45 This & That (WCP) 2:00 MSROM (WC)</p>
<p>30. 8:30 Morning Mavericks (TH) 9:30 Arthritis Aquatics (WCP) 10:00 Range Plus Aerobic (WCP) 2:00 MSROM</p>	<p>31. 9:00 MS Water Class (WCP) 9:00 Yoga + (WC) 9:45 Makin' Waves (WCP)</p>			



MM (Morning Mavericks): A 30-minute class that will help strengthen all the major muscle groups of the body. Taught Monday/Wednesday/Friday at 8:30am in the Terrace Heights 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.