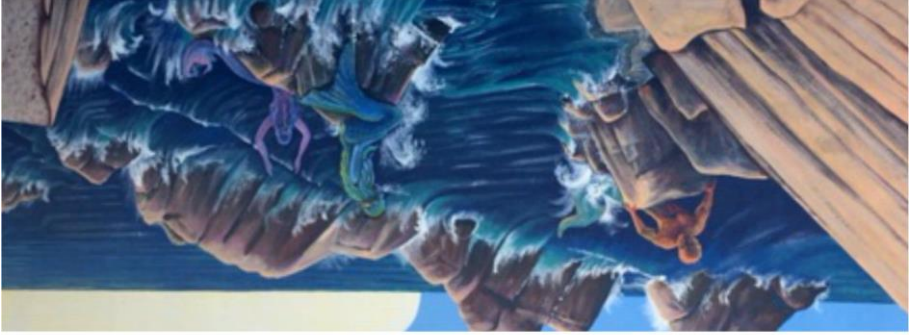


EASTER SEALS WARM WATER THERAPY POOL – 2019 CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 am	Yoga	Aqua Step	Yoga	Kickboxing	Range of Motion	Noodle
9:30 am	Aqua Step	Strength & Resistance	Noodle	Strength & Resistance	Kickboxing	Aqua Step
10:00 am	Butts & Bellies	Cardio	Butts & Bellies	Cardio	Cardio	Kickboxing
10:30 am	Back Class	Tai Chi	Back Class	Tai Chi	Butts & Bellies	Cardio
11:00 am	Open Exer/Pool Pals	Open Exer/Pool Pals	Open Exer/Pool Pals	Open Exer/Pool Pals	Open Exer/Pool Pals	Open Exer/Pool Pals
11:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Pool Information Line: 916-679-3260
12:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
12:30-3:00	Open Exer/Pool Pals	Open Exer/Pool Pals	Open Exer/Pool Pals	Open Exer/Pool Pals	Open Exer/Pool Pals	
3:00 pm	Yoga	Tai Chi	Yoga	Tai Chi	Range of Motion	
3:30 pm	Aqua Step	Range of Motion	Kickboxing	Noodle	Kickboxing	
4:00 pm	Strength & Resistance	Butts & Bellies	Strength & Resistance	Butts & Bellies	Cardio	
4:30 pm	Cardio	Back Class	Cardio	Back Class	Butts & Bellies	
5:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6:30 pm	Out of the Water	Out of the Water	Out of the Water	Out of the Water	Out of the Water	

Level 1 Classes	Level 2 Classes	Level 3 Classes	A Note from Us, to You:
Yoga: Explore your flexibility with our tranquil yoga class, perfect for <i>all</i> gurus - beginning or expert!	Noodle Class: This low-impact class focuses on strengthening your arms and legs, while concentrating on core strength.	Aqua Step: Come get your blood flowing as we work on endurance and strengthening the lower extremities and increasing your heart rate!	Have no fear if a class seems a bit difficult, or if you have any specific needs, our rehab assistants are happy to design modifications just for you!
Tai Chi: A relaxing rendition of Chinese martial arts with an emphasis on dynamic stretching in a quiet environment. Good for body and soul.	Back Class: Our classic back class is perfect for those with current back issues or those looking for preventative means to keep their spine in line!	Strength & Resistance: Come one, come all for our energizing strengthening class for your upper body. We utilize resistance bands in order to target the muscles in the shoulders, chest, and upper back.	
Range of Motion: This dynamic stretching class was designed for those who would enjoy an easy paced stretching that helps increase your range of motion over time.	Butts & Bellies: Core is largely emphasized while working our abdominal and gluteal muscles.	Cardio: Get those feet moving and heart pumping with this high-intensity class designed for those who can tolerate higher impact and perfect for those trying to lose weight!	

2019
AQUATICS CLASS
SCHEDULE



EASTER SEALS
WARM WATER
THERAPY POOL