


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>November</h1> <h2>Water Fitness Schedule</h2>				2 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	3 8:30a H2O Fitness Bobbie
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Please join us for our Water Exercise classes. These classes are included in your SRAC membership. Come join us!!</p> </div>					
5 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	6 7:30a Power Walk - Bobbie 8:00a H2O Express - Bobbie	7 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	8 7:30a Power Walk - Bobbie 8:00a H2O Express - Bobbie	9 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	10 8:30a H2O Fitness Bobbie
12 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	13 7:30a Power Walk - Bobbie 8:00a H2O Express - Bobbie	14 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	15 7:30a Power Walk - Bobbie 8:00a H2O Express - Bobbie	16 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	17 8:30a H2O Fitness Bobbie
19 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	20 7:30a Power Walk - Bobbie 8:00a H2O Express - Bobbie	21 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois <i>SRAC closes at 5:00p</i>	22 Happy Thanksgiving SRAC CLOSED	23 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	24 8:30a H2O Fitness Bobbie
26 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	27 7:30a Power Walk - Bobbie 8:00a H2O Express - Bobbie	28 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	29 7:30a Power Walk - Bobbie 8:00a H2O Express - Bobbie	30 7:00a Aqua Deep - Lois 8:00a H2O Fitness - Lois 11:00a H2O Fitness - Lois	Dec 1 8:30a H2O Fitness Bobbie

For your convenience, we have coded each class according to our recommended level or participation depending on duration of activity, physical expertise and skill, and physical limitations.

- **“Gentle”, coded G**

Classes for all levels of participants, especially those with arthritis or other joint limitations.

- **“Novice”, coded N**

For the new or recently inactive but experienced athlete with few or limited physical issues. These classes are fairly low impact and easily modified to accommodate joint related problems.

- **“Intermediate” coded I**

Intended for the regular exerciser with few limitations. These classes may include some high impact cardio activities with training levels in the mid aerobic range, moderate level cardio interval sets emphasizing short duration work, and/or heavier weight sets with weight progressions.

- **“Experienced”, coded E**

Designed for the advanced, skilled athlete with few limitations. These classes are intense and may include high impact interval sets; athletic training drills, short duration anaerobic sets, advanced choreography, and progressive muscle overloads.

Aqua Mix: Increase cardiovascular endurance while strengthening and toning your upper and lower body. Each week will be a surprise as the instructor will mix up the workout to keep you motivated and wanting more while at the same time keeping your metabolism guessing what’s next. N, I, E

H2O Express: High impact cardio class that includes some kickboxing moves. I, E

H2O Fitness: Workout consisting of cardio, suspended core work and toning. N,I, E

Aqua Deep: This deep-water aerobic fitness class is designed to offer a total body workout for strength and cardiovascular fitness with minimal impact on the lower body joints. These exercises utilize the use of the aquajogger belts to strengthen muscles and increase cardiovascular endurance. Participants should be comfortable in deep water. Great for all levels of fitness. G, N , E

Power Walking: Intense workout increasing heart rate rapidly, getting most of out of 30 minutes.