







# Wellness Center Schedule

## AQUATICS (Aquatics Center)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:45am	<b>Tidewater Aerobics</b> (advanced)	<b>Tidewater Aerobics</b> (advanced)	<b>Saltwater Circuit</b> (advanced)	<b>Tidewater Aerobics</b> (advanced)	<b>Tidewater Aerobics</b> (advanced)
3:00 - 3:45pm		<b>Headwater Aerobics</b> (beginner)	<b>Pool Maintenance</b> (pool closed)	<b>Headwater Aerobics</b> (beginner)	

## GROUP EXERCISE (Wellness Studio)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:45am	<b>Cardio &amp; Strength Conditioning</b> (advanced)		<b>Cardio &amp; Strength Conditioning</b> (advanced)		<b>Cardio &amp; Strength Conditioning</b> (advanced)
10:00 - 10:45am	<b>Yoga</b> (everyone)	<b>Tai Chi</b> (beginner)	<b>Autumn Hall Community Bike Ride</b> (everyone)	<b>Yoga</b> (beginner)	<b>Tai Chi</b> (everyone)
11:00 - 11:45am	<b>Functional Fitness</b> (beginner)	<b>Tai Chi</b> (advanced)	<b>Functional Fitness</b> (beginner)	<b>Yoga</b> (advanced)	<b>Functional Fitness</b> (beginner)
2:00 - 2:45pm	<b>Bay Balance</b> (everyone)	<b>Meditation</b> (everyone)	<b>Bay Balance</b> (everyone)	<b>Meditation</b> (everyone)	<b>Wellness Assessments, Exercise Plans &amp; Orientations</b> (1:00 - 4:00pm by appointment)

### KEY

<b>Beginner:</b> Low-moderate intensity; seated class with some standing (except in pool)	<b>Advanced:</b> Moderate-high Intensity; mostly standing and on exercise mats (except in pool)	<b>Everyone:</b> Appropriate for all fitness levels
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**To begin participating or for PERSONAL TRAINING services call Wellness Director, Nate Futrell at 769-7511 to schedule your WELLNESS CENTER ORIENTATION & WELLNESS ASSESSMENT today!**