

**Knox County YMCA
Group Aquatics Schedule
January 2010**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00am	Water Dance		Water Dance		Water Dance
10:30-11:25am		Aquanastics		Aquanastics	
11:00-11:45am	Arthritis		Arthritis		Arthritis
12:00-12:45pm	Deep Water Aqua-Aerobics		Deep Water Aqua-Aerobics		Deep Water Aqua-Aerobics
1:00-1:45 pm	Aquanastics	Aquanastics		Aquanastics	Aquanastics
2:00-2:45 pm	Arthritis	Arthritis		Arthritis	Arthritis
5:45-6:45 pm				Deep Water Aqua-Aerobics	
7:30-8:30 pm		Deep Water Aqua-Aerobics			

Arthritis: An exercise class offered in the shallow end of the pool, specially designed for those suffering from arthritis. Exercises will help to reduce pain and stiffness as promoted by the Illinois Arthritis Foundation and Tai Chi for Arthritis.

Water Dance: A more advanced workout for the faster paced person. All exercises can be done in the shallow end of the pool. Warm-up, workout (aerobic), wall exercises, cool down. You do not need to know how to swim.

Deep Water Aqua-Aerobics: Exercise in the deep end of the pool with the help of belts and other instructional equipment. Excellent class for those rehabilitating joint, muscle, and back injury. This class will meet three times a week and promote fitness, strength, flexibility, and water resistance.

Aquanastics: An exciting and popular exercise! You do not need to know how to swim. Warm-up, workout (aerobic), and cool down. All exercises can be done in the shallow end of the pool.