

# water

SCHEDULE



fitness center  
DUNWOODY BAPTIST CHURCH

updated

12.01.07

**\*\*\*Please note: the pool will be closed December 27 - 29 for repair of the pool lane anchors**

**There will be a modified schedule for water aerobics during the last two weeks of December--be watching for details!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am						
9:15 am	Water Aerobics Carol H.		Water Aerobics Jan H.		Water Aerobics Sara C.	
10:00am		Combo II, III Sara C.		Combo II, III Carol H.		
10:30am	Water Works Carol H.		Combo II, III Maureen		Water Works Sara C.	
6:30pm		Aqua Combo rotates		Aqua Combo Sara C.		
6:00pm	U.S. Masters Swim Greg S.			U.S. Masters Swim Greg S.		

- Water Aerobics**      An aerobic workout in the water consisting of a warm-up, 25-30 minutes of aerobic exercise, cool down and toning exercises.
- Aqua Combo**      A combination aqua class using the pool floor, resistance, and suspension. Use of equipment (provided). An intense aerobic workout. Stretching and recovery included. (Moderate - intense). Must like the water!
- Combo**              A fun combination of deep water, water aerobics and strengthening exercises. Exercises can be done with or without flotation.
- Water Works**      Learn balance, flexibility, coordination, light aerobic conditioning & muscle strengthening using water as resistance.