

**HAMPSHIRE WELLNESS & FITNESS POOL GROUP EXERCISE CLASSES – JULY 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p><b>POOL CLOSED JULY 9-16 FOR ANNUAL CLEANING</b></p> <p><b>SCROLL DOWN FOR CLASS DESCRIPTIONS</b></p>						8-4 Family Swim
2	3	4	5	6	7	8
12-4 Family Swim	9-10 Toning (Lori) 10-11 Arthritis (Lori) 4:30-5:30 Aqua Fit (Andrea)	CLOSED Happy 4 <sup>th</sup> of July!!	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Colin)	5-6 Toning (Lori) 6-9 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 5-6 Toning (Lori)	8-4 Family Swim
9	10	11	12	13	14	15
<b>POOL CLOSED FOR ANNUAL CLEANING</b>	<b>POOL CLOSED FOR ANNUAL CLEANING</b>	<b>POOL CLOSED FOR ANNUAL CLEANING</b>	<b>POOL CLOSED FOR ANNUAL CLEANING</b>	<b>POOL CLOSED FOR ANNUAL CLEANING</b>	<b>POOL CLOSED FOR ANNUAL CLEANING</b>	<b>POOL CLOSED FOR ANNUAL CLEANING</b>
16	17	18	19	20	21	22
<b>POOL CLOSED FOR ANNUAL CLEANING</b>	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Andrea)	5-6 Toning (Gayle) 6-9 Family Swim	9-10 Toning (Lori) 10-11 Arthritis (Lori) 4:30-5:30 Aqua Fit (Colin)	5-6 Toning (Lori) 6-9 Family	9-10 Toning (Lori) 10-11 Arthritis (Lori) 5-6 Toning (Colin) 6-9 Family Swim	8-4 Family Swim
23/30	24/31	25	26	27	28	29
12-4 Family Swim	9-10 Toning (Nancy) 10-11 Arthritis (Nancy) 4:30-5:30 Aqua Fit (Lori)	5-6 Toning (Gayle) 6-9 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Lori)	5-6 Toning (Colin) 6-9 Family Swim	9-10 Toning (Lori) 10-11 Arthritis (Lori) 5-6 Toning (Colin) 6-9 Family Swim	8-4 Family Swim

## **Pool Class Descriptions**

### **Arthritis**

Beginner's class designed for individuals with joint limitation or pain. Class emphasis is on increasing the range of motion and strengthening of muscle groups. This class is an excellent class for new members or those just beginning to exercise. Members do not need to have arthritis to participate. This is an excellent class for anyone with any clinical condition.

### **Toning**

This class is designed for individuals who are interested in increasing muscle tone, strength, and range of motion through water fitness, use of water weights, and resistive devices. This class is challenging and fun and you can work at your own level.

### **Family Swim**

Family swim is open to members and the children on their memberships, and paid guests. This is the only time that children from ages 6 months-9 years can be in the pool. They must be accompanied by a family member.

### **Aqua-Fit**

This class is a variety of cardio, strength, core and flexibility exercises in the pool. Designed for all levels.

### **Swim Instruction**

We offer Individual and Buddy packages for private lessons. Group swim lessons for children are offered throughout the year, watch for details. Swim lessons for adults are also available.