Vanderbilt Dayani Center Group Fitness **AQUATIC Class Schedule** – **December 2019**

**Classes are adaptable to all fitness levels.**

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<tr>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Ai Chi</td>
<td>9:30-10:30 Barb</td>
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<td>Aqua Strength 9:30-10:15 Abby B</td>
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<tr>
<td>Arthritis Aqua</td>
<td>10:30-11:30 Barb</td>
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<td>Aqua Cardio 10:15-11:00 Abby B</td>
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<td>Aqua Variations</td>
<td>10:30-11:30 Barb</td>
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<td>Water Walking and New You</td>
<td>4:15-5:00 Barb</td>
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<tr>
<td>Aqua Cardio Fitness</td>
<td>5:00-5:45 Barb</td>
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**Aqua Class Descriptions**

Aquatic classes are ideal for beginners, those with mobility problems, and pain.

**Ai Chi**
- Water movement and relaxation program which all can participate in regardless of level or mobility.

**Aqua Cardio Fitness**
- Fast-paced shallow water pool class which uses noodles and resistance to improve fitness, strength, and endurance. Ideal for those that want to lose weight and improve fitness without stressing joints.

**Aqua Tone**
- Low impact walking based cardio workout and strength training.

**Aqua Variations**
- Potpourri aqua class that is easy to follow and fun. Includes water walking.

**Aqua Strength**
- Shallow water pool class which uses noodles and resistance to improve fitness, strength, and endurance. Addresses strengthening with water resistance.

**Arthritis Aqua**
- This class may especially benefit those with arthritis, fibromyalgia and multiple sclerosis. This is an easy-does-it class with gentle, range-of-motion exercises designed by the Arthritis Foundation. This class is ideal for anybody with arthritis, chronic pain, fibromyalgia, pulmonary disease, movement disorders.

**Water Walking New You**
- Low-intensity aqua class designed for those new or returning to exercise following an illness or injury; Walking in the water uses all major muscle groups including your core.

> It is recommended that those with diabetes wear aqua shoes in the pool to protect feet.