
 = Water Class
 = Land Class

The Connection Group Class Schedule

Sun Closed	Mon 7am - 5pm	Tue 7am - 5pm	Wed 7am - 5pm	Thu 7am - 7pm	Fri 7am - 5pm	Sat 8am - 12pm
	Liquid Essence 9:00am (Pool)	Aqua Pilates 9:30am (Pool) <i>*Ends Dec 28th</i>	Liquid Essence 9:00am (Pool)			
	Aqua Jump 10:00am (Pool) <i>*Sign-up Required</i>	Gentle Aqua 10:30am (Pool)	Connected Movement 10:00am (Hader Room) <i>*Nov 10 - Dec 15</i> <i>*Sign-up Required</i>	Aqua Jump 10:00am (Pool) <i>*Sign-up Required</i>	Tranquil Motion (TaiChi) 10:30am (Hader Room) <i>*Dec 3- Jun 10</i> <i>*Comm - \$5/class</i>	
	Aqua Plus 11:00am (Pool)		Aqua Plus 11:00am (Pool)			
				Assisted Living Movement Class 2:00pm (4th Fl. AL) <i>*Residents only</i>		
		H2O Blast 4:00pm (Pool)		H2O Blast 4:00pm (Pool)		
					<u>NOVEMBER - DECEMBER</u> <i>*Class descriptions on back</i>	

The Connection Group Class Descriptions

<p><u>Liquid Essence</u> 9:00am - Monday and Wednesday Low Intensity No sign-up required.</p> <p>A no impact water workout with an emphasis on core strength. Water Belts are worn and equipment such as noodles or hand buoys will be used.</p>	<p><u>Aqua Pilates</u> 9:30am - Tuesday <u>End December 28th, 2021</u> Low Intensity No sign-up required.</p> <p>A low-impact class emphasizing strength and stretching movements which require precise breathing and muscle control. This workout also enhances muscle strength, posture, trunk stabilization and is a great stress reliever.</p>
<p><u>Aqua Jump</u> 10:00am - Monday and Thursday Moderate Intensity 6 Spots Available Per Class - Call 853-4100 to sign-up! *Limit of one class per week. Will be put on wait list if full.</p> <p>A small group, moderate intensity, water aerobics class that utilizes a trampoline in the water!</p>	<p><u>Gentle Aqua</u> 10:30am - Tuesday Low Intensity No sign-up required</p> <p>A beginner, Arthritis Foundation certified water aerobic class. This class is low-impact and focuses on range of motion while improving overall strength.</p>
<p><u>Aqua Plus</u> 11:00am - Monday and Wednesday Low-Moderate Intensity No sign-up required.</p> <p>An energizing aerobic class combining cardio, flexibility and strength training that adds impact movements and utilizes resistance equipment.</p>	<p><u>H2O Blast</u> 4:00pm - Tuesday & Thursday Moderate - High Intensity No sign-up required.</p> <p>A step-up from Aqua Plus, H2O Blast is a high-energy aerobic class combining cardio, strength & flexibility training that includes impact movements and utilizes resistance equipment.</p>
<p><u>Hydro Spin</u> Moderate-High Intensity</p> <p>Hydro Spin is an energetic, cardio workout class on a bike in the water! In addition, extra resistance equipment will be used within the class.</p> <p><u>WILL RETURN IN JANUARY 2022</u></p>	<p><u>Connected Movement</u> 10:00am - Wednesday September 22 - October 27 Call 853-4100 to sign-up! Low Intensity</p> <p>A Feldenkrais Method mat class with a focus on mindful movement, body awareness and ease of movement.</p>
<p><u>Tranquil Motion</u> 10:30am - Friday August 20 - November 12th Low Intensity *Community Members - \$5/class</p> <p>A TaiChi class where movements can be performed sitting or standing and will focus on deep breathing, balance, relaxation and body awareness.</p>	