



MARCH 2021

Getting Better Every Day!

Aquatics Calendar

Contact fitness staff at 256-329-7623/7624

Instructors for aquatic classes: C-Cara Tidwell; A-Amy Jones;
 KK-Karen Kison; B-Barbara Dexter; D-Deon Maxwell; JM-Jared Mercer

OPEN SWIM TIMES:

M-F 6am-8am

M-F 12pm-2pm

M-F 4pm-5:45pm

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
MAR 1-5	9:00 Synergy Seniors-B 11:00 NoodleBlast-A 2:00 Strong Bones-B	11:00 Bootcamp-D 5:15 Noodle Blast-KK	9:00 Synergy Seniors-B 2:00 Arthritis-A	9:00 Synergy Seniors-B 11:00 Intense Aquatics-C 5:15 Aqua Fit-KK	11:00 Strength&Cond-D 2:00 Strong Bones-D
MAR 8-12	9:00 Synergy Seniors-B 11:00 Aqua Bootcamp Circuit-C 2:00 Arthritis-C	11:00 Strength&Cond-D 5:15 Aqua Fit-KK	9:00 Synergy Seniors-B 2:00 Strong Bones-A	9:00 Synergy Seniors-B 11:00 NoodleBlast-D 5:15 NoodleBlast-D	11:00 Aqua Zumba-A 2:00 Athritis-C
MAR 15-19	9:00 Synergy Seniors-B 11:00 NoodleBlast-A 2:00 Strong Bones-B	11:00 BootCamp-D 5:15 Strength&Cond-D	9:00 Synergy Seniors-B 2:00 Arthritis-A	9:00 Synergy Seniors-A 11:00 Intense Aquatics-D 5:15 Aqua Fit-KK	11:00 Aqua Zumba-C 2:00 Strong Bones-JM
MAR 22-26	9:00 Synergy Seniors-B 11:00 BootCamp-JM 2:00 Strong Bones-B	11:00 Strength&Cond-D 5:15 Aqua Fit-D	9:00 Synergy Seniors-B 2:00 Strong Bones-JM	9:00 Synergy Seniors-B 11:00Aqua Bootcamp Circuit-A 5:15 Strength & Cond-KK	11:00 Intense Aquatics-A 2:00 Strong Bones-D
MAR 29-31	9:00 Synergy Seniors-B 11:00 Aqua Kickboxing-C 2:00 Arthritis-C	11:00 BootCamp-D 5:15 BootCamp-JM	9:00 Synergy Seniors-B 2:00 Arthritis-A		

Class descriptions on back of calendar

All classes subject to change each month

Instructors will modify content of class if only 1 participant attends. A more personalized environment will be presented, including utilization of equipment, performing core exercises, and educating member on any specific fitness inquiries they may have.