



AUGUST 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;

OPEN SWIM TIMES:

M-F 6am-8am

M-F 12pm-2pm

M-F 4pm-6pm

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
AUGUST 2-6	9:00 Synergy Seniors-C 11:00 NoodleBlast-D 2:00 Arthritis-A	11:00 Aqua BootCamp Circuit-A 5:15 Strength&Cond-D	9:00 Synergy Seniors-D 2:00 Strong Bones-D	9:00 Synergy Seniors-C 11:00 Intense Aquatics-C 5:15 Aqua Fit-D	11:00 Aqua Zumba-C 2:00 Strong Bones-D
AUGUST 9-13	9:00 Synergy Seniors-B 11:00 BootCamp-C 2:00 Strong Bones-C	11:00 Strength&Cond-D 5:15 Aqua Fit-D	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 Strength&Cond-D 2:00 Arthritis-C
AUGUST 16-20	9:00 Synergy Seniors-B 11:00 BootCamp-A 2:00 Arthritis-A	11:00 Intense Aquatics-A 5:15 Strength&Cond-D	9:00 Synergy Seniors-B 2:00 Strong Bones-A	9:00 Synergy Seniors-B 11:00 Intense AquaticsC 5:15 Aqua Fit-D	11:00 Aqua Zumba-A 2:00 Strong Bones-D
AUGUST 23-27	9:00 Synergy Seniors-B 11:00 BootCamp-D 2:00 Strong Bones-C	11:00 Strength&Cond-A 5:15 Aqua Fit-D	9:00 Synergy Seniors-B 2:00 Arthritis-A	9:00 Synergy Seniors-B 11:00-NoodleBlast-C 5:15 NoodleBlast-D	11:00 Strength&Cond-C 2:00 Strong Bones-D
AUGUST 30-31	9:00 Synergy Seniors-B 11:00 NoodleBlast-C 2:00 Arthritis-C	11:00 Aqua BootCamp Circuit-A 5:15 Strength&Cond-D			

Class descriptions on back of calendar

All classes subject to change each month

***Swim lessons are offered from 4-6p in August. Please stay on the far side of the pool if you attend open swim during this time.**

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.