



# NOVEMBER 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; R-Riley Goree

### **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>
NOV. 1-5	9:00 Synergy Seniors-B 11:00 BootCamp-D 2:00 Arthritis-C	11:00 Aqua BootCamp Circuit-A 5:15 Strength&Cond-KK	9:00 Synergy Seniors-B 2:00 Strong Bones-A	9:00 Synergy Seniors-B 11:00 Intense Aquatics-C 5:15 Aqua Fit-D	11:00 Strength&Cond-D 2:00 Strong Bones-D
NOV. 8-12	9:00 Synergy Seniors-B 11:00 NoodleBlast-D 2:00 Arthritis-C	11:00 Strength&Cond-D 5:15 Aqua Fit-KK	9:00 Synergy Seniors-B 2:00 Arthritis-A	9:00 Synergy Seniors-B 11:00 NoodleBlast-C 5:15 NoodleBlast-D	11:00 Intense Aquatics-D 2:00 Strong Bones-C
NOV. 15-19	9:00 Synergy Seniors-B 11:00 BootCamp-D 2:00 Arthritis-C	11:00 Aqua BootCamp Circuit-C 5:15 Strength&Cond-D	9:00 Synergy Seniors-B 2:00 Strong Bones-A	9:00 Synergy Seniors-B 11:00 Intense Aquatics-D 5:15 Aqua Fit-R	11:00 Aqua Zumba-A 2:00 Strong Bones-C
NOV. 22-26	9:00 Synergy Seniors-C 11:00NoodleBlast-D 2:00 Strong Bones-R	11:00 Strength&Cond-D	<b><u>OPEN SWIM ONLY</u></b>	<b>CLOSED HAPPY THANKSGIVING!</b>	<b>CLOSED HAPPY THANKSGIVING!</b>
NOV. 29-30	9:00 Synergy Seniors-B 11:00 NoodleBlast-D 2:00 Strong Bones-R	11:00 Aqua BootCamp Circuit-A 5:15 Strength&Cond-D			

**\*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.