

The Warm Water Pool  
with **Total Health**  
1514 Cimarron Plaza  
Stillwater  
(405) 377-4422

# AQUATIC CLASSES



Pool is open at 7:00 am and closes at 7:00 pm  
Monday thru Friday



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>7:30 AM</b>	open	Water Mix	open	No Touch	open
<b>9:00 AM</b>	Water Exercise	No Touch	Water Exercise	Water Mix	Water Exercise
<b>10:00 AM</b>	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program
<b>11:00 AM</b>	Water Mix	No Touch	Water Mix	No Touch	Water Mix
<b>12:00 PM</b>	Independent Exercise	Independent Exercise	Independent Exercise	Independent Exercise	Independent Exercise
<b>1:00 PM</b>	open	open	open	open	open
<b>2:00 PM</b>	Arthritis Foundation Aquatic Program	open open	Arthritis Foundation Aquatic Program	open open	Arthritis Foundation Aquatic Program
<b>3:00 PM</b>	open	open	open	open	open
<b>4:30 PM</b>	Water Aerobics	No Touch	Water Aerobics	No Touch	Water Aerobics
<b>5:30 PM</b>	No Touch	Water Aerobics	No Touch	Water Aerobics	Class Choice

## Water Exercise

Range of motion and muscular strengthening exercises designed to build endurance.

## Water Aerobics

Cardio conditioning with high impact of floor work.



## CLASS DESCRIPTIONS

### Arthritis Foundation

#### Aquatic Program

Good for loosening and strengthening. No resistive devices-limb resistance only.

#### Independent Exercise

Member taught exercise and balance.



## No Touch

Entire workout is done while on floatation devices.

### Water Mix

Cardio conditioning with medium impact of floor work.

### Class Choice

The class will vote for which class they want and majority wins!