

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



	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	open	Water Mix	open	No Touch	open
9:00 AM	Water Exercise	No Touch	Water Exercise	No Touch	Water Exercise
10:00 AM	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program
11:00 AM	Water Mix	Independent Exercise	Water Mix	Independent Exercise	Water Mix
12:00 PM	Independent Exercise	open	Independent Exercise	open	Independent Exercise
1:00 PM	open	open	open	open	open
2:00 PM	Arthritis Foundation Aquatic Program	open open	Arthritis Foundation Aquatic Program	open open	Arthritis Foundation Aquatic Program
3:00 PM	open	open	open	open	open
4:30 PM	Water Aerobics	No Touch	Water Aerobics	No Touch	Water Aerobics
5:30 PM	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-led 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!