

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 Thursday and closes at 3 pm
on Friday.



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Stretch & Walk		Stretch & Walk		Stretch & Walk
7:30 AM		Water Mix		No Touch	
9:00 AM	Water Exercise	No Touch	Water Exercise	Water Mix	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	Exercise & Balance	Water Mix	Exercise & Balance	Water Mix
12:00 PM	Exercise & Balance		Exercise & Balance		Exercise & Balance
2:00 PM	Arthritis Foundation Aquatic Program		Arthritis Foundation Aquatic Program		Arthritis Foundation Aquatic Program
4:30 PM	Water Aerobics	Water Mix	Water Aerobics	No Touch	CLOSED AT 3 PM
5:30 PM	No Touch	Water Aerobics	Water Walking	Water Aerobics	

Water Exercise

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

Water Aerobics

Cardio conditioning with high impact of floor work.



Classes

Stretch & Walk and Exercise & Balance are member taught classes

CLASS DESCRIPTIONS

Arthritis Foundation

Aquatic Program

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

Water Walking

A low-impact way to get the heart rate up and have fun!

No Touch

Entire workout is done while on floatation devices.

Water Mix

Cardio conditioning with medium impact of floor work.

