

# Crestwood Recreation and Wellness Center

## Group Exercise and Water Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<p>** All group exercise and water fitness classes are included with any All Inclusive membership.</p> <p>**Exercise Punch Card(EPC) may be purchased by residents and non-residents which can be used for all group exercise and water fitness classes listed on this sheet.</p> <p>** Exercise Punch Card (EPC) 20 Classes for \$160.00</p> <p>** EPC's cannot be used for lap swim, senior swim or family swims.</p> <p>** Group exercise and water fitness classes are for ages 16 years and older.</p> <p>** Please consult your physician before participating in any group exercise or water fitness classes if you have had any major surgeries or health problems.</p> <p style="text-align: center;"><b>CLASS DESCRIPTIONS ON REVERSE SIDE</b></p>
<b>Aqua Fitness</b> 8:35-9:35am Sue Pool	<b>Aqua Fitness</b> 8:10-9:10am Nancy Pool	<b>Aqua Fitness</b> 8:35-9:35am Sue Pool	<b>Aqua Fitness</b> 8:10-9:10am Nancy Pool	<b>Aqua Fitness</b> 8:10-9:10am Diana Pool	<b>Aqua Fitness</b> 8:15-9:15am Diana Pool	
<b>Water Walking</b> 9:45 - 10:30am Sue Pool	<b>Arthritis Class</b> 9:20 - 10:05am Tom Pool	<b>Water Walking</b> 9:45 - 10:30am Sue Pool	<b>Arthritis Class</b> 9:20 - 10:05am Nancy Pool	<b>Water Walking</b> 9:20 - 10:05am Diana Pool	Cardio Kickboxing 9:30 - 10:45am Diana <i>MP Room</i>	
Pump It Up 10 - 11am Diana <i>MP Room</i>		Pump It Up 10 - 11am Diana <i>MP Room</i>		Pump It Up 10 - 11am Diana <i>MP Room</i>		
<b>Rusty Hinges</b> 1:05 - 1:50pm Chris Pool	<b>Rusty Hinges</b> 1:05 - 1:50pm Sue Pool	<b>Rusty Hinges</b> 1:05 - 1:50pm Chris Pool	<b>Rusty Hinges</b> 1:05 - 1:50pm Cathi Pool			
	Pump It Up 6:15 - 7:30pm Diana <i>MP Room</i>	Cardio Variety 5:15-6:15pm Diana <i>MP Room</i>	Pump It Up 6:15 - 7:30pm Diana <i>MP Room</i>	<p><b>Can't commit to a membership because of your schedule?</b></p> <p><b>Purchase an Exercise Punch Card (EPC)</b></p> <p><b>20 Classes for \$160.00</b></p>		
<b>Cardio Splash</b> 6:00 - 7:00pm Diana Pool		<b>Cardio Endurance</b> 6:30 - 7:30pm Sue Pool				