

OCEAN FITNESS SCHEDULE

NOVEMBER 1 – 30, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CORE & STRETCH 7 AM OCEAN FITNESS	WATER AEROBICS* 9 AM SOUTH POOL	WATER AEROBICS 9 AM SOUTH POOL	WATER AEROBICS 9 AM SOUTH POOL	WATER AEROBICS 9 AM SOUTH POOL	BOOT CAMP 7 AM OCEAN FITNESS	BOOT CAMP 7 AM OCEAN FITNESS
WATER AEROBICS 9 AM SOUTH POOL					WATER AEROBICS 9 AM SOUTH POOL	WATER AEROBICS 9 AM SOUTH POOL

CLASS DESCRIPTIONS

BOOT CAMP: Kick your workout into high gear with an effective combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns.

CORE & STRETCH: Strengthen your core with a combination of movements and stretching techniques.

WATER AEROBICS: A class designed for all fitness levels to show how heavy the water can be. Be prepared for running and playful sprints, with little impact on your joints.

**Not available on 11/30*