



Watkins Wellness Center February 2019

Aquatics Group Exercise Schedule

2003 Cobb Street Farmville, VA 23901

434.392.6106 ext. 333

www.thewoodlandinc.com

Monday	Tuesday	Wednesday	Thursday	Friday
AquaRobics 11:00 am	No Impact Fusion 11:00 am	AquaRobics 11:00 am	No Impact Fusion 11:00 am	AquaRobics 11:00 am
OPEN POOL 12:00- 3 pm	Open Pool 12:00-3:00 pm	OPEN POOL 12:00-3 pm	Open Pool 12:00-3:00 pm	OPEN POOL 12:00-3 pm
The Salt-Water Shape-Up 5:30 pm			The Salt-Water Shape-Up 5:30 pm	

Everyone's welcome at the *best kept secret* in Farmville!

AquaRobics

Get to know your body in AquaRobics! The Woodland's newest water exercise class, designed for beginners and recreational pool users. AquaRobics **WILL** to get your heart pumping and **WILL** strengthen muscles to help maintain joint stabilization and fight back against the pains of general arthritis and other common problems associated with aging. Participants should expect beginner to moderate levels of exercise.

The Salt Water SHAPE UP

Burn fat and shape up that physique in our newest bootcamp addition, The Salt Water SHAPE UP! This is an exciting course that offers agility, cardio, resistance, and flexibility training in the water. Participants should expect advanced level.

No Impact Fusion

NO IMPACT doesn't mean **NO WORKOUT!** In our new, No Impact Fusion class feel the burn of traditional cardio and strength movements without the stress on joints that plague those afflicted with arthritis. This is a beginner course that uses pool noodles and other flotation devices to keep the feet off the bottom of the pool floor for the majority of the class.