


UAMS Community Fitness Program - Water Wellness Schedule

Jackson T. Stephens Spine and Neurosciences Institute

(501) 526-5779

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00	Pool Opens				
7:30	Deep Water Core **		Deep Water Core **		Deep Water Core **
8:00	Aqua Interval ****	Aqua Balance, Strength & Coordination **	Aqua Interval ****	Aqua Balance, Strength & Coordination **	Aqua Interval ****
9:00	Deep Water ***	Aqua Back & Arthritis **	Deep Water ***	Aqua Back & Arthritis **	Deep Water ***
10:00	Aqua Zumba® ***	Aqua Aerobics ***	Aqua Zumba® ***	Aqua Aerobics ***	Aqua Zumba® ***
11:00		Snorkel for Exercise ***		Snorkel for Exercise ***	
12:30	Aqua Core Plus ***		Aqua Core Plus ***		
1:00	Aqua Back & Arthritis *	Aqua Balance, Strength & Coordination **	Aqua Back & Arthritis *	Aqua Balance, Strength & Coordination **	Pool Closed 2:00 pm on Friday 
1:30		Aqua Heart ***		Aqua Heart ***	
4:45	AquaFIT™ ***	Aqua Core & Strength ***	AquaFIT™ ***	Aqua Core & Strength ***	
5:15	Aqua Dance ***	Aqua Cardio ****	Aqua Dance ***	Aqua Cardio ****	
Pool Closes at 5:45 PM					1/1/19
Please Exit the Building by 6:00					

* Easy Class ** Moderate Class *** Intense Class **** Very Intense Class

Shaded Classes may be cancelled when instructor is absent.

UAMS Community Fitness Program
Reynolds Institute on Aging Ottenheimer Fitness Center
(501) 526-5779

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00	Gym Opens				
8:00	Tai Chi for Arthritis **	Strength Circuit ****	Tai Chi for Arthritis **	Strength Circuit ****	Tai Chi for Arthritis **
11:00	SilverSneaker® Classic **	Balance, Strength & Coordination **	SilverSneaker® Classic **	Balance, Strength & Coordination **	Balance, Strength & Coordination **
11:30		Arthritis Friendly Chair Yoga **		Arthritis Friendly Chair Yoga **	
12:00	Tai Chi for Health ***	Zumba® ****	Tai Chi for Health ***	Zumba® ****	Tai Chi for Health ***
1:30				New Member Orientation	Intro to Fitness Equipment
2:30	Advanced Balance, Strength & Coordination ***	Zumba® Strong ***	Advanced Balance, Strength & Coordination ***	Zumba® Strong ***	Advanced Balance, Strength & Coordination ***
3:00		Chair Zumba® **		Chair Zumba® **	
4:00		New Member Orientation	Introduction to Fitness Equipment		Gym Closed 4:00 pm on Friday 
4:30		Dance and Tone ***		Dance and Tone ***	
5:00	Yoga Flex & Stretch ***	Strength Circuit ****	Yoga Flex & Stretch ***	Strength Circuit ****	
Gym Closes at 5:30 PM					1/1/19

* Easy Class ** Moderate Class *** Intense Class ****Very Intense Class

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