

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CLASS LEVELS</b></p> <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black; margin-right: 5px;"></span> = Gold Level</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #808080; border: 1px solid black; margin-right: 5px;"></span> = Silver Level</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #8B4513; border: 1px solid black; margin-right: 5px;"></span> = Bronze Level</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #3CB371; border: 1px solid black; margin-right: 5px;"></span> = All Levels</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FF0000; border: 1px solid black; margin-right: 5px;"></span> = Special Event</li> </ul>	<p><b>CLASS LOCATIONS</b></p> <p>SA = Studio A            SB = Studio B            P = Pool            V = Vista            972 = Channel 972            R = Rotunda            PC=Pantops Class</p>			<p>1</p> <p><del>9AM  SA  Tabata</del>            9AM  SB  Tabata  <del>9:35AM  SA  Strength Training</del>            9:35AM  SB  Strength Training  <del>10AM  SB  Floor Check</del>            11:15AM  P  Water Aerobics            2PM  R  Chair Volleyball</p>
<p>4</p> <p>9AM  SA  Aerobics            9AM  SB  Aerobics            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            10:30AM  SB  Balance            11:15AM  P  Water Aerobics</p>	<p>5</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35AM  972  Chair Yoga            10:45AM  SA  Mat Yoga            3PM  SA  Tai Chi            5PM  SA  Core &amp; Posture</p>	<p>6</p> <p>9AM  SA  Aerobics            9AM  SB  Aerobics            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            10:30AM  SB  Balance            11:15AM  P  Water Aerobics</p>	<p>7</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35  972  Chair Yoga            10:45AM  SA  Mat Yoga            2PM  SA  Tai Chi            5PM  SA  Core &amp; Posture</p>	<p>8</p> <p>9AM  SA  Tabata            9AM  SB  Tabata            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            11:15AM  P  Water Aerobics            2PM  R  Chair Volleyball</p>
<p>11</p> <p>9AM  SA  Aerobics            9AM  SB  Aerobics            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            10:30AM  SB  Balance            11:15AM  P  Water Aerobics</p>	<p>12</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35AM  972  Chair Yoga            10:45AM  SA  Mat Yoga            3PM  SA  Tai Chi            5PM  SA  Core &amp; Posture</p>	<p>13</p> <p>9AM  SA  Aerobics            9AM  SB  Aerobics            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            10:30AM  SB  Balance            11:15AM  P  Water Aerobics</p>	<p>14</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35  972  Chair Yoga            10:45AM  SA  Mat Yoga            2PM  SA  Tai Chi            5PM  SA  Core &amp; Posture</p>	<p>15</p> <p>9AM  SA  Tabata            9AM  SB  Tabata            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            11:15AM  P  Water Aerobics  <del>2PM  R  Chair Volleyball</del></p>
<p>18</p> <p>9AM  SA  Aerobics            9AM  SB  Aerobics            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            10:30AM  SB  Balance            11:15AM  P  Water Aerobics</p>	<p>19</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35AM  972  Chair Yoga            10:45AM  SA  Mat Yoga            3PM  SA  Tai Chi            5PM  SA  Core &amp; Posture</p>	<p>20</p> <p>9AM  SA  Aerobics            9AM  SB  Aerobics            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            10:30AM  SB  Balance            11:15AM  P  Water Aerobics</p>	<p>21</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35  972  Chair Yoga            10:45AM  SA  Mat Yoga            2PM  SA  Tai Chi            5PM  SA  Core &amp; Posture</p>	<p>22</p> <p>9AM  SA  Tabata            9AM  SB  Tabata            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            11:15AM  P  Water Aerobics  <del>2PM  R  Chair Volleyball</del></p>
<p>25</p>  <p><b>POOL CLOSED</b></p>	<p>26</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35AM  972  Chair Yoga  <del>10:45AM  SA  Mat Yoga</del>  <del>3PM  SA  Tai Chi</del>            5PM  SA  Core &amp; Posture</p>	<p>27</p> <p>9AM  SA  Aerobics            9AM  SB  Aerobics            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            10:30AM  SB  Balance            11:15AM  P  Water Aerobics</p>	<p>28</p> <p>9AM  SB  Balance            9AM  P  Water Aerobics            9AM  972  Functional            9:35  972  Chair Yoga            10:45AM  SA  Mat Yoga            2PM  SA  Tai Chi            5PM  SA  Core &amp; Posture</p>	<p>29</p> <p>9AM  SA  Tabata            9AM  SB  Tabata            9:35AM  SA  Strength Training            9:35AM  SB  Strength Training            11:15AM  P  Water Aerobics            2PM  R  Chair Volleyball</p>

## WCBR Fitness & Aquatics Center | Class Descriptions

<b>Class Descriptions</b>	
<p><b>AEROBICS</b>—A traditional cardiovascular fitness class that uses rhythmic movements to challenge and exercise the whole body and raise the heart rate.</p>	<p><b>WATER AEROBICS</b>—Aerobic exercise and strength training come together in this water-based class.</p>
<p><b>BALANCE</b>—Strength and walking exercises are used in conjunction with balancing practice to build a strong and steady foundation.</p>	<p><b>STRENGTH TRAINING</b>—A class that focuses on building muscular strength using resistance training.</p>
<p><b>TABATA</b>—A high-intensity interval training class that mixes bursts of vigorous exercise with short rest to improve cardiovascular health.</p>	<p><b>MAT YOGA</b>—Flowing movements and deep breathing are put together to improve strength, balance, and flexibility.</p>
<p><b>FLOOR CHECK</b>—A chance to safely check your ability to get up and down from the floor to ensure you are able to when it matters most i.e., fall.</p>	<p><b>CHAIR YOGA</b>— Flowing movements and deep breathing are put together to improve strength, balance, and flexibility.</p>
<p><b>CHAIR VOLLEYBALL</b>— A little friendly competition, playing volleyball using a blown up ball while seated.</p>	<p><b>CORE &amp; POSTURE</b>—Focus on building and maintaining a strong core and posture through several strengthening moves.</p>

<b>Class Types</b>			
<p><b>GOLD</b>—Our most vigorous exercise classes. Participants should be able to perform exercise on their feet for the entire duration of a class. In certain classes, participants should also be able to get up and down from the floor without difficulty.</p>	<p><b>SILVER</b>—Our moderate level classes. Time in these classes is generally split between exercising in a standing and seated position.</p>	<p><b>BRONZE</b>—Our most gentle exercise classes. A majority of these classes take place in the chair with a focus on big movements to improve fitness and flexibility.</p>	<p><b>ALL LEVELS</b>—These classes are open to exercisers of all levels. Instructors have prepared exercises that can be performed by everyone and have modifications for all levels of fitness and exercise experience.</p>