



## LAND SCHEDULE FOR SEPTEMBER 12th - OCTOBER 15th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:00 AM</b>	<b>11:30 AM</b>				<b>12:30 PM</b>
Yoga <b>Deborah</b>	Tai Chi <b>Lynn</b>				Yogalates <b>Ashlei</b>
<b>6:15 PM</b>		<b>6:20 PM</b>	<b>6:30 PM</b>		<u>OR</u>
Beginning Pilates <b>Lee</b>		Yoga <b>Deborah</b>	Tai Chi <b>Ashlei</b>		Pilates <b>Lee</b>

All of these classes will be free from Sept. 12th-Oct. 15th for persons participating in Aquatic Fitness Classes.  
Come and try something new. Comfortable clothes and socks are suggested attire

<b>Yoga</b>	<b>Pilates</b>	<b>Tai Chi</b>	<b>Yogilates</b>
<p>Yoga promotes increased sense of hope and increased energy. Increased confidence and elevation of mood. Increased ability to perform the activities of daily living. Decreased pain, fatigue, anxiety, depression and nausea. Decreased sleep disturbances and sense of isolation. Each session will be dedicated to experiencing the holistic benefits of yoga.</p>	<p>Pilates is based on creator Joseph Pilate's development of exercises for dancers. A variety of beginner to advanced movements is used to strengthen and elongate the core muscles of our body and gain flexibility. It will not only make you feel better and give you more energy but will allow everyday movements to be easier.</p>	<p>Although Tai Chi started out as Martial Arts most often today it is taught for the health benefits. Tai Chi gathers the energy instead of draining the body's natural energy, letting you feel refreshed when done. Tai Chi integrates the mind with the body using breathing and mental energy.</p>	<p>Yogilates takes the best of yoga and pilates and integrates them into a balanced system of exercise. By incorporating a refined awareness of breathing and core exercises, Yogilates helps create functional strengthening of the body. An evolution in self-practice for anyone looking to recover from injuries, improve health, and gain new skills.</p>





**Aqua~Fit**  
Swim & Wellness Center

www.aquafitplano.com  
972-578-7946

## Aquatic Fitness Schedule - Fall 2011

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00-9:45am</b>	Aquatic Revival Moderate +	Aquatic Revival Moderate +	Aquatic Revival Moderate +	Aquatic Revival Moderate +	Aquatic Revival Moderate +	Aqua Blend Moderate +
<b>10:30-11:15am</b>	Muscles Move to Renew Low	Muscles Move to Renew Low	Muscles Move to Renew Low	Muscles Move to Renew Low	Muscles Move to Renew Low	
<b>3:00-3:45pm</b>	Water Dynamics Moderate +		Water Dynamics Moderate +		Water Dynamics Moderate +	
<b>5:30-6:15pm</b>		Water Dynamics Moderate +		Water Dynamics Moderate +		
<b>7:30-8:30pm</b>	Swim 2 Be Fit Circuit Training		Swim 2 Be Fit Circuit Training			