



CAPITOL LAKES

**Class Policy: Minimum class size must be three (3) participants by start of class or it will be not be held.*

Aquatic & Wellness Center

CLASS SCHEDULE-
Updated Starts June 10th

Most Lap Pool Classes stretch in the Warm Water Pool the last 5 minutes of each class Non-class participants do not need to leave the Warm Water Pool when this happens.

****Starting Tuesday, November 6th, from 7-8:30pm, Special Olympics will be using the ENTIRE Lap Pool.**

*Balance Thru Movement Tuesday Class:

Outside Members get first priority

*Balance Thru Movement Friday Class:

Residents get first priority

REGULAR CLASS	INTENSITY	DAY	TIME	LOCATION	INSTRUCTOR
Deep Aquacise	Med/High	Monday	7:30-8:30 am	Lap Pool	Joan Jung
Movin' to Music	Low	Monday	11:00-11:45 am	Studio	Joan Jung
Aqua Arthritis Exercise	Low	Monday	1:00-1:55 pm	Warm Pool	Beth Triller
Warm Aquacise	Med	Monday	2:00-2:55 pm	Warm Pool	Joan Jung
Cardio Toning	High	Tuesday	7:30-8:30 am	Studio	Beth Triller
Balance thru Movement	Low	Tuesday	9:00-9:45am	Studio	Emily Ingalls
Cardio/Core/Strength	Med	Tuesday	10:00-10:45 am	Studio	Emily Ingalls
Aqua Movement	Low	Tuesday	10:15-11:15 am	Warm Pool	Joan Jung
Gentle Yoga	Low/Med	Tuesday	11:00am-12:00 pm	Studio	Beth Triller
Deep Aquacise	Med/High	Wednesday	7:30-8:30 am	Lap Pool	Joan Jung
Movin' to Music	Low	Wednesday	10:30-11:15 am	Studio	Joan Jung
Tai Ji	Low	Wednesday	11:30-12:30pm	Encore	Ellen & Mary Jo
Gentle Yoga	Low/Med	Wednesday	9:00-10:00 am	Studio	Beth Triller
Aqua Arthritis Exercise	Low	Wednesday	1:00-1:55 pm	Warm Pool	Joan Jung
45 Mix	High	Wednesday	4:45-5:30pm	Studio	Beth Triller
Yoga Water Flow	Low/Med	Thursday	8:00-9:00am	Warm Pool	Beth Triller
Gentle Yoga	Low/Med	Thursday	11:00am-12:00 pm	Studio	Beth Triller
Aqua Movement	Low	Thursday	10:15-11:15 am	Warm Pool	Emily Ingalls
Cardio Toning	High	Friday	7:30-8:30am	Studio	Beth Triller
Balance thru Movement	Low	Friday	9:00-9:45 am	Studio	Emily Ingalls
Movin' to Music	Low	Friday	10:30-11:15 am	Studio	Joan Jung
Aquacise	High	Friday	11:00-11:55 am	Lap Pool	Beth Triller

SPECIALTY CLASSES	COST	DAY	TIME	LOCATION	INSTRUCTOR
Post-Op Success	\$120.00/12 weeks	W	4:00-5:00 pm	Warm Pool	Emily Ingalls

Must register for Post-Op Success. See Wellness Center staff to register.

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