

Fitness Classes at Kendal at Oberlin- January 2019

600 Kendal Drive Oberlin, Oh 44074

440-775-9851

Water Classes offered				Focus of the Class						
Class	Times	Degree of difficulty	Pool	Aerobic	Strength	Balance	Flexibility	Coordination	Social	Relaxation
Water Aerobics	M, T, W, Th 9:00-9:45am	Moderate / Difficult	Lap Deep and shallow	***	***	*	**	**	***	*
Water Arthritis	M, T, W, Th 10:15-11:00am	Light	Lap shallow	*	**	**	**	**	***	*
Therapy Pool Arthritis	M, F 2:30-3:15pm	Light	Therapy shallow	*	*	**	***	**	***	**
Ai Chi	M, F 3:30-4:30pm	Moderate	Therapy shallow	*	**	***	**	***	*	***
Water Yoga	T, Th 11:30am-12:30pm	Moderate	Therapy shallow	*	***	**	***	*	*	***
Water Aerobics	T, Th 4:30-5:15pm	Difficult	Lap Deep and shallow	***	***	*	**	**	***	*
<u>Joe's Class</u>	<u>Su, M, T, Th</u> <u>7:00-8:00pm</u>	Moderate	Lap Deep and shallow	**	***	**	***	**	**	**

*Mild Focus

**Average Focus

***Strong Focus

Please call the Fitness Center for an orientation before starting classes. - 440-775-9851

Underlined classes are not available to community members.