Aquatic Schedule If You Don’t Have email Take One Of These

Remember, consistency is what makes exercise work for you. Slow and steady does win this race.

************* Aquatic Class Schedule *************

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>March 03, 2020</td>
<td>Balance Boards</td>
</tr>
<tr>
<td>Thursday</td>
<td>March 05, 2020</td>
<td>Deep Water</td>
</tr>
<tr>
<td>Tuesday</td>
<td>March 10, 2020</td>
<td>Walking</td>
</tr>
<tr>
<td>Thursday</td>
<td>March 12, 2020</td>
<td>Core Stabilization</td>
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<tr>
<td>Tuesday</td>
<td>March 17, 2020</td>
<td>Noodles</td>
</tr>
<tr>
<td>Thursday</td>
<td>March 19, 2020</td>
<td>Fluid Run</td>
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<tr>
<td>Tuesday</td>
<td>March 24, 2020</td>
<td>Deep Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>March 26, 2020</td>
<td>Aerobic Workout</td>
</tr>
<tr>
<td>Tuesday</td>
<td>March 31, 2020</td>
<td>Aquatic Circuits 3</td>
</tr>
</tbody>
</table>

The fees for March 2020 are as follows:

- Aquatic class only $45.00
- Land class only $45.00
- Aquatic and land class $70.00

Checks and Class Times (Make checks payable to UMU)

Aquatic Class Times:
- Morning: 9am, 11am
- Afternoon: 2pm, 4:30pm

* If you have any questions about the fees please talk to a Vitality staff person.
* Payment for the classes are due your first scheduled class day of the month.
* You can deposit cash money order or check in the tan metal box in the pool area on the small round table.
  (please have cash, money order or check payments labeled.)
  Copies of this email are located the table, in the pool area.
* Copies of the "Pro-Rate Policy" are available per request.
* The number to call for Vitality Fitness Program status is 464-8363

March Items

Syracuse Area Mission
Steps Walk, Destiny Mall
Sunday March 1, 2020
Register at 9:30,
Walk begins at 10am
Sponsored by M.S.

Resources of CNY we can all support this effort either with a pledge or by joining the walk or both. All the proceeds stay locally to help local people with MS. http://www.msr ofcny.org

Aquatic Research Testing
Description: A 12-week study that consists of filling out a packet of 4-5 questionnaires (physical functioning, fatigue, sleep quality and mental health). There are three assessments performed in the pool these consist of sit to stand; timed walking of 25 feet and 6-minute walk test. Once these assessments are completed the information will be used as a base line then weekly the participant will fill out three one-page questionnaires pre and post exercise for either a Tuesday or Thursday. At the end of 12 weeks, as well as a reassessment will follow up the study.

Definition of Circuit Workout 3
has a class objective of muscular strengthening for 1 minute proceeded by 4 minutes of cardio. The opportunity to use a variety of equipment during the cardio portion is available... The A set segment uses gloves, B set segment uses hand buoys, C set segment uses noodles, D set segment uses no equipment at all, the E set segment uses gloves, F set segment uses hand buoys and the Cool - Down this is followed by a few movements of Ai Chi and stretching.

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