

**ARTHRITIS CLASS SCHEDULE – Pilot Program  
April 2007**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>9:00-10:00</b>	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool	Aqua Aerobics Pool
<b>10:00-11:00</b>	Arthritis Aqua Aerobics Pool		Arthritis Aqua Aerobics Pool		Arthritis Aqua Aerobics Pool	Walking group Self- formed
<b>10:30-11:30</b>				Land Aerobics Studio B		
<b>11:00-12:00</b>			Tai Chi Studio A			
<b>11:30-12:30</b>	Tai Chi/Yoga for Arthritis Studio B			Meditation/Breath Work Studio A		
<b>6:00 – 7:00</b>		Tai Chi Studio C				
<b>Support Group Meeting</b>						