



# CAPITOL LAKES

## CLASS SCHEDULE

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

\*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.\*

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am <b>Deep Aquacise</b> Location: Lap Pool Instructor: Joan <b>COMMUNITY &amp; RESIDENTS</b>	8:00-8:45am <b>Cardio/Core/Strength</b> Location: Studio Instructor: Beth <b>COMMUNITY</b>	8:15- 9:00am Aqua Yoga Location: WW Pool Instructor: Beth <b>COMMUNITY &amp; RESIDENTS</b>	8:00-8:45am Cardio/Core/Strength Location: Studio Instructor: Beth <b>COMMUNITY</b>	9:30-10:15am <b>Movement For All</b> Location: Studio Instructor: Beth <b>RESIDENTS</b>
9:30-10:15am <b>Movement For All</b> Location: Studio Instructor: Emily <b>RESIDENTS</b>	9:30-10:15am <b>Movement For All</b> Location: Studio Instructor: Joan <b>RESIDENTS</b>	9:30-10:15am <b>Movement For All</b> Location: Studio Instructor: Beth <b>RESIDENTS</b>	9:30-10:15am <b>Movement For All</b> Location: Studio Instructor: Beth <b>RESIDENTS</b>	11:00-11:45am <b>Movement For All (seated)</b> Location: Studio Instructor: Joan <b>RESIDENTS</b>
11:00-11:45am <b>Balance Class</b> Location: Studio Instructor: Beth <b>RESIDENTS</b>	11:00-11:45am <b>Balance</b> Location: Studio Instructor: Beth <b>Community</b>	11:00-11:45am <b>Balance &amp; Stretch</b> Location: Studio Instructor: Joan <b>RESIDENTS</b>	10:00-10:45am <b>Aqua Movement</b> Location: WW Pool Instructor: Joan <b>COMMUNITY &amp; RESIDENTS</b>	12:00-12:45pm <b>Yoga</b> Location: Studio Instructor: Beth <b>COMMUNITY</b>
2:00-2:45pm <b>WW Aquacise</b> Location: WW Pool Instructor: Joan <b>COMMUNITY &amp; RESIDENTS</b>	11:00-11:45am <b>Arthritis</b> Location: WW Pool Instructor: Joan <b>COMMUNITY &amp; RESIDENTS</b>	1:00-1:45pm <b>Shallow Aquacise</b> Location: Lap Pool Instructor: Joan <b>COMMUNITY &amp; RESIDENTS</b>	11:00-11:45am <b>Balance Class</b> Location: Studio Instructor: Emily <b>RESIDENTS</b>	1:00-1:45pm <b>Aquacise</b> Location: WW Pool Instructor: Joan <b>RESIDENTS</b>



1:00-1:45pm  
**Aquacise**  
Location: WW Pool  
Instructor: Emily  
**COMMUNITY & RESIDENTS**

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