



# THE WESLEY COMMUNITY

J. BRIAN NEALON, CEO

## OUTPATIENT THERAPIES

[www.thewesleycommunity.org](http://www.thewesleycommunity.org)

### New Independent Pool Schedule

Effective Aug. 2, 2023

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
8:45			NEXT STEP		
9:30			<u>STRETCH &amp; STRENGTHEN</u>		
10:15			NEXT STEP		
1:30PM					AEROBICS
2:15PM					Next Step
3:00PM					Next Step
3:45PM		NEXT STEP			
4:30PM		NEXT STEP			
5:15PM					
6:00PM					

**Note:** Schedule subject to change. All classes are 45-minutes in duration.

**Aerobics:** Led by a certified Aqua Aerobics Instructor, this class incorporates stretching, aerobic activity, core strengthening and balance activities to provide a full-body workout.

**Next**

**Step:** Supervised by an Instructor, this time slot allows individuals to perform self-directed aquatic exercises at their own pace. This program is an ideal progression for our physical therapy patients as a transition to an independent program.

**Stretch &**

**Strengthen:** Led by an Instructor, this class offers gentle stretching and strengthening to those who may be experiencing chronic pain, joint inflammation, fibromyalgia or difficulty participating in traditional exercise programs.