



Medical Fitness Center **AQUATIC** Activities

Join us for a water workout. The Medical Fitness Center (MFC) pool classes are listed in order of approximate difficulty, starting with the gentlest classes, and moving to more intense classes. Time is available each day for you to design your own workout during open and lap swim periods. These are “drop in” classes – no pre-registration is required.

Please note that scheduled class times are for individuals participating in the classes only. Laps and open workouts will not be available at these times. Class instruction varies, and all classes are taught at the direction of the instructor for the day.

Class Descriptions

Arthritis

Basic exercises will help you increase range of joint motion, muscular strength, flexibility, and coordination.

Arthritis Plus

Aerobic conditioning is performed in addition to the basic exercises performed in the Arthritis classes.

Mind/Body

This flowing progression combines deep breathing with slow, broad movements of your arms, legs, and torso.

Strength and Stretch

This series of exercises is designed to increase and maintain your joint flexibility and muscle strength as well as improve pain due to fibromyalgia, arthritis, etc. Various pieces of pool equipment may be used.

Butts and Guts

Strengthen your hips and core with this water workout designed to improve balance and posture.

Sea Circuit

If you're not quite ready for Tidal Waves, try this combination of the Strength and Stretch and Tidal Waves classes.

Tidal Waves

Create waves with a series of combined arm and leg movements performed at a faster tempo and more continuous pace to build your endurance.

Open Workout

Exercise at your own pace to benefit your fitness or rehabilitation needs. Open workouts are supervised and assisted by our instructors.

Lap Swim/Walk

This time is for lap swimmers and water walkers/joggers who wish to utilize the length of the pool. (Please be respectful of others by staying in one lane.)

Please see our monthly calendar for the pool class schedule. [UPMC.com/CentralPaMFC](https://www.upmc.com/CentralPaMFC)