

January 2021 Indoor Lap Pool Schedule The Woodlands

Updated 1/18/2021

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Swim Team				
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	Lap Swim				
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Swim Team				
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	Lap Swim				
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Wednesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Swim Team				
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	Lap Swim				
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Thursday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM	Lap Swim				
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM	Lap Swim				
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					

Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM	Lap Swim				
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM	Swim Team				
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM	Lap Swim				
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					

Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
8:00 AM	Lap Swim				
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.

Session Descriptions
Lap Swim-Indoors: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

January 2021 Indoor Recreation Pool Schedule The Woodlands

Updated 1/18/2021

Monday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Tuesday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Wednesday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Thursday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Friday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	Open Swim
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	

Saturday	
Time	Rec Area
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Open Swim
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	

Sunday	
Time	Rec Area
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	Open Swim
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	

Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Swim lessons may be conducted in a portion of the pool.

Session Descriptions
Open Swim- Indoor Rec Pool: During Open Swim, there are no lifeguards on duty. Slides are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.

January 2021 Outdoor Adult Lap Pool Schedule The Woodlands

Updated 1/18/2021

Monday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Tuesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Wednesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Thursday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Friday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM		Lap Swim			
12:00 PM		Lap Swim			
12:30 PM		Lap Swim			
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			

Saturday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM		Lap Swim			
12:30 PM		Lap Swim			
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			

Sunday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM		Lap Swim			
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°. Indoor pools will remain open for your enjoyment.
The adult pool area is designated for ages 18+.
Session Descriptions
Lap Swim - Outdoors: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

January 2021 Outdoor Rec Pool Schedule The Woodlands

Updated 1/18/2021

Monday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Aqua Athletics (RSVP Required)				
10:00 AM					
10:30 AM					
11:00 AM	Lap Swim				Open Swim
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM	Lap Swim				
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Tuesday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Aqua Athletics (RSVP Required)				
10:00 AM					
10:30 AM					
11:00 AM	Lap Swim				Open Swim
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM	Lap Swim				
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Wednesday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Aqua Athletics (RSVP Required)				
10:00 AM					
10:30 AM					
11:00 AM	Lap Swim				Open Swim
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM	Lap Swim				
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Thursday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Aqua Athletics (RSVP Required)				
10:00 AM					
10:30 AM					
11:00 AM	Lap Swim				Open Swim
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM	Lap Swim				
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Friday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Aqua Athletics (RSVP Required)				
10:00 AM					
10:30 AM					
11:00 AM	Lap Swim				Open Swim
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					

Saturday									
Time	Outdoor Rec Pool				Rec Area				
	Lane 1	Lane 2	Lane 3	Lane 4					
7:30 AM	Swim Team								
8:00 AM									
8:30 AM									
9:00 AM					Open Swim				
9:30 AM									
10:00 AM									
10:30 AM					Aqua Athletics (RSVP)				
11:00 AM									
11:30 AM									
12:00 PM	Lap Swim				Open Swim				
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									

Sunday								
Time	Outdoor Rec Pool				Rec Area			
	Lane 1	Lane 2	Lane 3	Lane 4				
8:00 AM	Lap Swim							
8:30 AM								
9:00 AM								
9:30 AM					Open Swim			
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Private lessons have priority in lap lanes.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°. Indoor pools will remain open for your enjoyment.

Session Descriptions
Open Swim- Outdoor Rec Pool: During Open Swim, there are no lifeguards on duty. Slides are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Lap Swim-Outdoors: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.
Aqua Athletics: Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.