

March 2019 Gym & Pool Schedule

Monday:

7:00 - 10:00 am	Lap Swim
8:30 - 9:00 am	Aqua Circuit
9:00 - 10:00 am	Tai Chi
9:00 - 9:30 am	Social River Walking
11:00 - 11:45 am	SilverSneakers® Stability
12:00 - 12:45 pm	Cardio-Yoga Combo
1:00 - 1:45 pm	Aqua Arthritis
3:00 - 4:00 pm	Lap Swim
3:30 - 4:00 pm	Power Plate Training

Tuesday:

7:00 - 9:30 am	Lap Swim
10:30 - 11:30 am	SilverSneakers® Classic
12:00 - 12:45 pm	Aqua Cardio Strength
1:00 - 1:45 pm	Yoga Stretch
*2:00 - 2:45pm	Small Group Personal Training
3:00 - 4:00 pm	Lap Swim
3:30 - 4:30 pm	Tai Chi

Wednesday:

7:00 - 10:00 am	Lap Swim
8:30 - 9:00 am	Aqua Circuit
9:00 - 10:00 am	Tai Chi
9:00 - 9:30 am	Social River Walking
11:00 - 11:45 am	SilverSneakers® Stability
12:00 - 1:00 pm	SilverSneakers® Circuit
*1:00 - 1:45 pm	Small Group Personal Training
*2:00 - 2:45 pm	Small Group Personal Training
2:00 - 2:45 pm	<i>CYBEX Basics by appointmt.</i>
3:00 - 4:00 pm	Lap Swim

Thursday:

7:00 - 9:30 am	Lap Swim
9:30 - 10:00 am	Fit Ball
9:00 - 9:45am	Aqua Cardio Strength
10:30 - 11:30 am	SilverSneakers® Classic
1:00 - 2:00 pm	Parkinson's Network
2:30 - 3:00 pm	Power Plate Training
3:30 - 4:30 pm	Tai Chi

Friday:

7:00 - 10:00 am	Lap Swim
8:30 - 9:15 am	AquaSplash Board
9:00 - 9:30 am	Social River Walking
9:30 - 10:30 am	Yoga
11:00 - 11:45 am	Aqua Strength

Saturday:

10:30 - 11:00 am	Social River Walking
12:00 - 1:30 pm	Lap Swim

Sunday:

9:00 - 10:30 am	Lap Swim
10:30 - 12:00 pm	Drop-in Aqua Volleyball
11:00 - 12:00 pm	Yoga

Drum Circle

Friday, March 22 11:30 am

Wellness Center Hours

Monday - Thursday: 7am - 8pm*

Friday: 7am - 3pm*

Saturday and Sunday: 9am - 2pm*

*Please note: The POOL closes 30 minutes before the W.C. closes.

Aqua Arthritis

Beginning level class that promotes range of movement, joint flexibility, muscle strength, endurance, coordination, and balance. A great way to exercise in an environment that reduces strain on joints. Taught by a certified arthritis instructor.

Aqua Cardio Strength

High intensity cardio class combined with strength exercises using weights and noodles. This class is geared for a higher fitness level and is intended to be challenging.

Aqua Circuit

A fantastic way to build strength and stamina! This water class combines cardio and strength while using the current channel for resistance. Hand weights are optional. All ability levels welcome.

Aqua Strength

Strength-building, range of motion and core strength exercises using water or resistance equipment like held buoys or water noodles.

Cardio-Yoga Combo

Combo of cardio movement and yoga. 15 minutes of cardio to raise heart rate plus 30 minutes of chair and standing yoga with stretching. Intensity varies as yoga poses can be modified to fit any ability level.

Circuit Training

A mix of strength and endurance exercises with individual instruction provided by a certified trainer. During class we will focus on improving fitness levels by maximizing proper alignment and using full range of motion. Class will include a variety of stations for higher intensity training.

CYBEX Basic

Learn the operation and set up of the CYBEX strength and cardio equipment. A great way to add workout variety.

Drums Circle

Our Drum Circle is a class with no musical ability required. We use cultural and ethnic music rhythm for a “whole mind and whole body” experience.

Open to all ages, abilities, or disabilities. Participants will gain physical, social, kinesthetic, emotional, and cognitive health.

Power Plate Training

Required before using the Power Plate Machine. Please ask staff for assistance.

Parkinson’s Network Class

A specialized class to benefit individuals with Parkinson’s, MS, and traumatic brain injury. This class uses exercises that target: Muscle stiffness, fine-motor tasks, slow movements, posture and coordination, stability, acquisition of new knowledge and multi-tasking, and improved gait and range of motion.

SilverSneakers® Classic

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

SilverSneakers® Circuit

Workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball. A chair is available for support. This class is available for a variety levels.

SilverSneakers® Stability

This class is designed to help adults become stronger, improve balance, and decrease the risk of falling. The focus is on exercises that improve strength and power around the ankle, knee, and hip joints. Stability helps protect independence.

Social River Walking

Come meet new friends or visit with old ones and stroll along the lazy river! Have fun meeting and visiting and, of course, working your body as you walk the lazy river.

Splash Board

A fun, shallow-water exercise class that uses a **splash-board** to increase movement and intensity options. **Splash** is suitable for all skill levels and is safe for non-swimmers. The class is an aerobic and strength-building class.

Tai Chi

A traditional form of Chinese medicine that promotes personal energy for self-healing and well being. The emphasis is on correct body posture and spinal alignment. Practicing tai chi releases tension and pressure caused by slumping—improved posture improves the digestive system and removes stress from the back.

Yoga

Effective way to stretch and tone muscles and reduce stress. Learn some popular yoga poses which work to promote circulation, balance, and flexibility. Build a strong spirit, mind, and body.

Yoga Stretch

Learn yoga basics and breathing techniques. We will explore a variety of chair and standing yoga stretches and postures that will lengthen your muscles and calm your mind.

SMALL GROUP PERSONAL TRAINING CLASS

4 Training Sessions per month for only \$40!

(only 5 students per class; choose one of the times listed below)

Tuesdays 2:00 — 2:45

Wednesdays 1:00 — 1:45

Wednesdays 2:00 — 2:45

Ask WC staff for details

Once scheduled—no changes, no refunds

Small Group Training Specialized training incorporating customized exercise in a small group setting to get more of a personalized and individualized instruction. A more cost effective alternative to individualized personal training. Only \$40 for 4 sessions vs \$45 for one session.