

## May 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

### 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 - 2:45 pm	<b>Small Group Training</b>
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
2:00 - 2:45 pm	<i>CYBEX Basics by appointment</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 - 9:45 am	Aqua Cardio Strength
10:30 - 11:30 am	SilverSneakers® Classic
1:00 - 2:00 pm	Parkinson's Network
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
1:00 - 2:00 pm	Tai Chi

### Saturday:

*9:30 - 10:15 am	<u>Aqua Zumba</u>
10:30 - 11:00 am	Social River Walking
*11:00 - 12:00 pm	<u>Yoga</u>
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

Come! Join Us for our

7th Anniversary Celebration!!!

Wed., May 15th

Bring a friend for free

Classes to try and Vendors from 1-3 pm!

Wellness Center Hours

**Mon., -Thurs: 7am - 8pm**

**Fri. 7am -3pm Sat. & Sun. 9-2**

\*The Pool closes 30 minutes before the Center

Open Memorial Day



### 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.

### Aqua Zumba®

Aqua Zumba® is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Latin rhythms are incorporated into this fun dance based class.

### 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.

### 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

May only be used with a Personal Trainer by appointment. Additional fee with use.

### 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 gate 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

### 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!**

**(limit 5)**

**Tuesdays 2:00 — 2:45 pm**

**Dates: May 7, 14, 21, 28**

*Ask WC staff for details*

## **Drum Circle**

**Friday, May 31**

**11:30 am**



## **Memorial Day Hours**

**9am– 2pm**