



A Touchmark® affiliate
Est. 1980

Health & Fitness Club

701-355-1280

Aerobic Schedule

Beginning June 1st 2010

All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Yoga	Cardio-Sculpt	Yoga	Cardio-Sculpt			Closed
7:00am							Closed
8:00am						Open at 8:00am	Closed
9:15am	Posture & Balance		Posture & Balance		Posture & Balance		Closed
10:15am		SilverSneakers® Muscular Strength & Range of Movement	Qi Gong	SilverSneakers® Muscular Strength & Range of Movement			Closed
12:00pm						Close at 12:00pm	Closed
1:00pm						Closed	Closed
5:15pm		Yoga/Pilates		Yoga/Pilates		Closed	Closed
5:30pm	Line Dance		Line Dance			Closed	Closed
7:00pm						Closed	Closed



Exercise Room Hours

Monday-Friday: 5:40am – 7:00pm

Saturday: 8:00am-12:00pm

Sunday: Closed

Description of Classes

Beginning June 1st, 2010

All classes and times are subject to change

<i>Class Title</i>	<i>Days/Times</i>	<i>Exertion</i>	<i>Explanation</i>
Cardio- Sculpt	Tues/Thurs 6:00-6:45am	■ and ♥	An early morning strength class designed to sculpt and tone muscles. Come wake up with this challenging work out!
Yoga	Mon/Wed 6:00-6:45am	■ and ♥	This class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. Stretching exercises can be adapted to accommodate individual needs so everyone will progress in this class irrespective of your starting point!
Posture & Balance	Mon/Wed/Fri 9:15-10:00am	●	Class intended to work on basic balance, flexibility, posture, strength, and coordination.
Qi Gong	Wed 10:15-11:00am	● and ■	Qi Gong is a combination of deep breathing and easy, fluid circular movements. This class has many benefits such as lowering stress, improving balance and concentration, and improving circulation. Qi Gong is also endorsed by the arthritic, heart and stroke foundation.
SilverSneakers© Muscular Strength & Range of Movement	Tues/Thurs 10:15-11:00am	● and ■	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, balls are offered for resistance, and a chair is used for seated and/or standing support.
Yoga/Pilates	Tues/Thurs 5:15-6:00pm	■ and ♥	This class combines basic Pilates moves and sculpting with weights and stability balls. Pilates strengthens and lengthens your muscles as it increases your flexibility, balance and coordination.
Line Dance	Mon/Wed 5:30-6:15pm	All	This exercise will get your mind, body and soul working together. Most of the dancing will be done to country music. We will also mix it up with some waltz, cha-cha Tush Push, Electric Slide and Cotton Eyed Joe. Get ready for a great time of fun, fitness and friendship!
<p><i>Exertion:</i> ● Easiest ■ Middle of the Road ♥ Advanced</p>			

INTERESTED IN AN INDIVIDUALIZED PROGRAM GEARED TOWARDS YOU AND YOUR SPECIFIC GOALS? TRY PERSONAL TRAINING!

Schedule your appointment at the front desk today!



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Aquatic Schedule

Beginning June 1st 2010

All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am							Closed
7:00am							Closed
8:00am		Aqua Blast*		Aqua Blast*		Open at 8:00am	Closed
9:00am	Silver Splash®	Volleyball (8:50-9:50)	Silver Splash®	Volleyball (8:50-9:50)	Silver Splash®		Closed
10:00am		Hydro Aeroflex		Hydro Aeroflex			Closed
10:15am	JAWS		JAWS		JAWS		Closed
11:00am							Closed
11:45am						Close at 11:45am	Closed
1:00pm	Aqua Balance*		Aqua Balance*			Closed	Closed
2:00pm	Water Aerobics		Water Aerobics		Water Aerobics	Closed	Closed
3:00pm						Closed	Closed
4:30pm	Water Aerobics	Deep Water	Water Aerobics	Deep Water		Closed	Closed
5:30pm						Closed	Closed
6:45pm	Close at 6:45	Close at 6:45	Close at 6:45	Close at 6:45	Close at 6:45	Closed	Closed

*Assessment recommended to attend this class

Pool Hours

Monday-Friday: 5:40am – 6:45pm*

Saturday: 8:00-11:45am*

Sunday: Closed

*Please note the pool closes 15 minutes earlier than actual closing time for cleaning and securing the area



Description of Classes

Beginning June 1st, 2010

All classes and times are subject to change

<i>Class Title</i>	<i>Days/Times</i>	<i>Exertion</i>	<i>Explanation</i>
Aqua Blast*	Tues/Thurs 8:00-8:45am	■ and ♥	This high energy class will take your workout to the next level! A little cardio, a little strength, and a whole lotta spice, Aqua Blast will strengthen and tone muscles for an extremely intense and effective workout. *Assessment recommended to take this class
Silver Splash®	Mon/Wed/Fri 9:00-9:45am	● and ■	SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.
Volleyball	Tues/Thurs 8:50-9:50am	●	Net set up in the shallow end and a beach ball is used – Everyone is welcome!
JAWS	Mon/Wed/Fri 10:15-11:00am	●	This beginner level low-impact class is designed to increase range of motion and decrease pain due to arthritis or arthritis like conditions. We will use the resistance of water for muscle strengthening and conditioning.
Hydro Aeroflex	Tues/Thurs 10:00-10:45am	● and ■	A unique type of class combining low impact AEROBics and FLEXibility training.
Aqua Balance*	Mon/Wed 1:00-1:45pm	●	Allows participants who have had a fall or fear of falling, to work on balance & coordination, strength and agility in the supportive medium of water. Movements that are difficult on land can be performed with great ease, where the buoyancy of the water supports joints and allows greater freedom of movement. *Assessment is recommended to attend this class.
Water Aerobics	Mon/Wed/Fri 2:00-2:45pm Mon/Wed 4:30-5:15pm	■ and ♥	A fun water fitness class focusing both on developing strength, cardio endurance, and flexibility. This class includes moderate to high intensity cardio combined with strength training - come join the fun!
Deep Water	Tues/Thurs 4:30-5:15pm	■ and ♥	A great workout, where the intensity is increased through the resistance of the water. Using floatation devices, you power walk or run with enough vertical space so your feet do not touch the bottom. Comfort in Deep Water required. *LAP LANES CLOSED DURING THIS TIME*

Exertion:

● Easiest

■ Middle of the Road

♥ Advanced

∞ Private and Semi Private Swim lessons are available ∞

Check the front desk for availability!

“MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING.”

- John Rohn