

# Waterford Health & Fitness Club Aquatic Schedule

November 3rd - December 19th, 2008

All blank spaces are open swim times.

All classes and times subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am						Closed	Closed
7:00am						Closed	Closed
8:00am		Aqua Blast**		Aqua Blast**	(8:00-8:45) Volleyball	Open at 8:00 am	Closed
9:00am	SilverSplash®	Muscle Mania**	SilverSplash®	Muscle Mania**	SilverSplash®		Closed
9:45am		(9:45 - 10:00) Volleyball		(9:45 - 10:00) Volleyball			Closed
10:15am	JAWS	Water Yolates	JAWS	Water Yolates	JAWS		Closed
11:15am						Close at 11:45 am	Closed
2:00pm	Water Aerobics		Water Aerobics		Water Aerobics	Closed	Closed
3:00pm						Closed	Closed
4:30pm		Water Aerobics	Water Aerobics	Water Aerobics		Closed	Closed
5:30pm	Water Aerobics					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 is recommended to attend this class*

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

## Pool Hours

Monday thru Friday, 5:40 am to 6:45 pm

Saturday, 8 am to 11:45 am

Closed Sundays



# Description of Classes

**November 3rd - December 19th, 2008**

**All times and classes are subject to change.**

## Class Explanation by Ability Classification and Exertion

<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. **
SilverSplash®	Mon/Wed/Fri 9:00-9:45 am	● and ■	Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.
Muscle Mania	Tues/Thurs 9:00-9:45	■ and ♥	Muscle Mania is a high intensity class that targets muscular strength and endurance. **
JAWS	Mon/Wed/Fri 10:15-11:00 am	●	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.
Water Yolates	Tues/Thurs 10:15-11am	● and ■	A unique type of class that combines both yoga and Pilates moves in the water.
Water Aerobics	Mon/Wed/Fri 2-2:45 pm Tues/Wed/Thurs 4:30-5:15 Mon 5:30- 6:15 pm	■ and ♥	A fun water fitness class focusing both on developing strength and cardio endurance. This class includes 30 minutes of high intensity cardio with 15 minutes of strength training.
Volleyball	Tues/Thur 9:45-10am Fri 8-9am	●	*Open to all members. Come and play recreational volleyball. <b>(Shallow end will be closed for volleyball)</b>
Exertion:		● Easiest	■ Middle of the Road      ♥ Advanced

*\*\*Assessment is recommended to attend this class*

“Motivation is what gets you started. Habit is what keeps you going.”

-John Rohn

# Waterford Health & Fitness Club Aerobic Schedule

November 3rd - December 19th, 2008

All classes and times subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Rise and Shine Yoga	Cardio Sculpt	Rise and Shine Yoga	Cardio Sculpt		Closed	Closed
8:30am	M & M Mature and Motivated		M & M Mature and Motivated			Open at 8:00 am	Closed
9:00am							Closed
9:15am	Pilates (Aerobic Studio) Posture & Balance (Creative Arts Room)		Restorative Yoga		Posture & Balance (Creative Arts Room)		Closed
10:15am		(10:15 am) SilverSneakers® Muscular Range of Movement		(10:15 am) SilverSneakers® Muscular Range of Movement			Closed
11:00am						Close at 12:00 pm	Closed
5:30pm		Pilates & Sculpt				Closed	Closed
7:00pm	Close at 7:00	Close at 7:00	Close at 7:00	Close at 7:00	Close at 7:00	Closed	Closed

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

## Exercise Room Hours

Monday thru Friday, 5:40 am to 7:00 pm

Saturday, 8 am to 12 pm

Closed Sundays



# Description of Classes

**November 3rd - December 19th, 2008**

**All classes and times subject to change**

## Class Explanation by Ability Classification and Exertion

<i>Class Title</i>	<i>Days/Times</i>	<i>Exertion</i>	<i>Explanation</i>
Cardio Sculpt	Tues/Thurs 6-6:45	■ and ♥	This class offers a little bit of everything! Cardio, sculpting, and a whole lot of fun, come wake up this challenging work out!
Rise and Shine Yoga	Mon/Wed 6-7 am	■ and ♥	This class will improve your postural awareness, balance and functional flexibility. You will strengthen and lengthen with controlled movements. Find a new sense of your own space and know your body's own limitations.
M & M Mature and Motivated	Mon/Wed 8:30-9:15 am	● and ■	The class starts with a 10 minute warm-up followed by 20 minutes of lively low-impact exercise. The last 15 minutes of the class consists of muscular strengthening using hand weights, tubing, bands and balls. M&M combines fun movements to boost your energy and improve cardiovascular endurance.
Restorative Yoga	Wed 9:15-10am	■ and ♥	This gentle yoga is perfect for those with limited mobility and stability. The results will be relaxation, greater mental clarity, improved alignment and physical freedom.
Posture & Balance	Mon/Fri 9:15-10am (Creative Arts room)	●	Class intended to work on basic balance, flexibility, posture, strength, and coordination. (located in the Creative Arts room upstairs)
SilverSneakers® Muscular Range of Movement	Tues/Thurs 10:15-11am	● 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, and a ball are offered for resistance, and a chair is used for seated and/or standing support. (This class is limited to the first 20 participants.)
Pilates & Sculpt	Tues 5:30-6:10 pm	■ 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.
Exertion:	● Easiest		■ Middle of the Road
			♥ Advanced

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John Rohn