

FALL 2009 CLASS SCHEDULE



AQUATIC CLASSES GROUP EXERCISE POOL

MON	TUES	WED	THUR	FRI	SAT	SUN
8:30 am Fluid Fusion ℓ		8:30 am Fluid Fusion ℓ		8:30 am Fluid Fusion ℓ		
9:45 am Water in Motion ℓ	9:00 am Fluid Fusion (45 min.) ℓ	9:45 am Fluid Fusion ℓ	9:00 am Fluid Fusion (45 min.)	9:45 am ℓ Water in Motion	9:30-10:15am Aqua Fusion	
11:00 am Reserved for PT	10:30 am Advanced Level Arthritis Aquatics	11:00 am Reserved for PT	10:30 am Advanced Level Arthritis Aquatics			
	1:00 pm Basic Arthritis Aquatics		1:00 pm Basic Arthritis Aquatics ℓ		Family Swim (1:00-4:00pm)	Family Swim (1:00-4:00pm)
	2:00 pm CSJCC			2:00 pm CSJCC		
3:30 pm Aqua Fusion	4:30 pm Aqua Express	3:30 pm Aqua Fusion	4:30 pm Aqua Express	3:30 pm Aqua Fusion (45 min.)		
5:45 pm Aqua Pump (45 min.)		5:45 pm Aqua Pump (45 min.)	5:40-7:00pm Learn to Swim Kids \$	Family Swim (6:00-8:00pm)		

ARTHRITIS AQUATICS:

Meets the special needs of people with arthritis. Helps reduce pain and stiffness, and increase joint mobility. A gentle, non-jarring class co-sponsored by the Arthritis Foundation. Forty-five minutes. ℓ

FAMILY SWIM:

Swim time for all family members. Solo swimming is discouraged. Exercise caution. During the family recreation time, the west side of the gym is also available. An adult is required to accompany all children for family swim.

LEARN TO SWIM KIDS:

Year-round group swim lessons accredited by the American Red Cross for all ages and levels. Sessions are twice a week for three weeks. Class size is limited, please enroll early. \$

AQUA FUSION:

One hour of water aerobics featuring aerobic conditioning, resistance training using a variety of equipment and flexibility. For the fit individual.

AQUA EXPRESS:

4:30-4:45 is Fusion Tone-up 4:45-5:15 is Fusion Express (Cardio workout) 5:15- 5:30 is Fusion tone-down This come and go class features aerobic conditioning and resistance training using a variety of equipment and flexibility. For the fit individual.

FLUID FUSION:

Choreographed routines target cardiovascular fitness, strength, endurance and flexibility in a stress-free, low-impact environment.* Appropriate for older adults. ℓ

WATER IN MOTION: Basic 45-minute aquatic circuit class alternates aerobics and muscle strengthening exercises using a variety

of moves in the water. Appropriate for older adults. ℓ

AQUA PUMP:

A 45 minute class that combines cardiovascular training and body toning.

- All pool classes are coed.
 - Child care is available during specified times.
 - Pool closed during physical therapy sessions from 11:00 a.m. to 1:00 p.m.
 - Class schedule effective Sept 2009, subject to change.
 - * Appropriate for prenatal/postnatal members.
 - ** Pool scheduled for use by the Charles Schusterman Jewish Community Center but still open for member use.
 - ℓ Appropriate for oncology patients with physician approval.
- Aquatic orientation available to members. Schedule at Member Services Desk.
\$ Program provided for an additional cost.