

POOL HOURS

Mon - Fri 5:30 am -7:30 pm | Sat / Sun 7 am – 2:30 pm

Open Swim is available weekdays between scheduled classes

Your life. Your health. *Your Wellness Center.*

**Effective May 30 – July 7, 2017 Aquatic Class Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 7:45 <b>AQUACISE AND ENERGIZE</b> Patti	6:00- 6:45 <b>AEROBICS</b> Judy	7:00 – 7:45 <b>AQUACISE AND ENERGIZE</b> Patti	6:00- 6:45 <b>AEROBICS</b> Judy	7:00 – 7:45 <b>AQUACISE AND ENERGIZE</b> Patti		7:30-8:15 <b>ONE STEP UP *</b> Judy		7:30-8:15 <b>ONE STEP UP *</b> Judy	
8:30-9:15 <b>AEROBICS</b> Patti		8:30-9:15 <b>AEROBICS</b> Patti		8:30-9:30 <b>AEROBICS</b> Patti		8:30-9:15 <b>ARTHRITIS *</b> Judy		8:30-9:15 <b>ARTHRITIS *</b> Patti or Valerie	
	9:30-10:30 <b>AQUA ZUMBA</b> Sheilla		9:30-10:30 <b>AQUA ZUMBA</b> Sheilla		10:00-10:45 <b>Drop In: ARTHRITIS</b> Patti		10:00-10:45 <b>Drop In: ARTHRITIS</b> Patti		
						11:00-11:45 <b>ARTHRITIS *</b> Traci	11:00-11:45 <b>ARTHRITIS *</b> Valerie	11:00-11:45 <b>ARTHRITIS *</b> Traci	11:00-11:45 <b>ARTHRITIS *</b> Valerie
	1:00-1:30 <b>TWO STEPS UP*</b> Calvin		1:00-1:30 <b>TWO STEPS UP*</b> Traci			1:30-2:00 <b>TWO STEPS UP*</b> Calvin		1:30-2:00 <b>TWO STEPS UP*</b> Traci	
3:00-3:45 <b>WATER WORKS</b> Valerie		3:00-3:45 <b>WATER WORKS</b> Calvin		3:00-3:45 <b>WATER WORKS</b> Calvin					
					4:00-4:45 <b>Drop In: ARTHRITIS</b> Calvin		4:00-4:45 <b>Drop In: ARTHRITIS</b> Calvin		4:00-4:45 <b>Drop In: ARTHRITIS</b> Calvin
5:00-6:00 <b>AQUATIC TABATA*</b> Bruce	5:30-6:15 <b>LIQUID CHALLENGE</b> Bruce		5:30-6:15 <b>LIQUID CHALLENGE</b> Bruce		<p>* Class requires pre-registration for members. Pre-registration and fee for non-member participants. ** Class requires pre-registration and fee for members and non-member participants.</p>				
<b>EXERCISE POOL (84 degree water)</b>					<b>THERAPY POOL (94 degree water)</b>				

**WATER WORKS** – Light to moderate intensity water aerobics performed in your choice of shallow or deep water. Water Works has a dedicated group of regulars that love to meet and greet new members. Enjoy the exercise and the camaraderie. Great for beginners.

**LIQUID CHALLENGE** – Moderate to high intensity water aerobics performed in the shallow water. Intermediate level movements to the tempo of fast-paced music.

**ARTHRITIS\*** – Exercises designed to increase joint mobility, functional skills, balance and strength. A non-cardiovascular exercise class held in the warm water pool.

**Drop in: ARTHRITIS** – Class will follow registered classes 6 week schedule but no registration is required.

**AEROBICS** – Simple, easy to follow continuous cardiovascular water exercise performed in the exercise pool. Can be performed in the shallow end for low impact and in the deep end for no-impact. Beginner to experienced participants welcome!

**AQUACISE AND ENERGIZE** – Moderate to high intensity water aerobics performed in either the shallow or deep water. Class taught to fast-paced music. High use of suspended work (requires strength and endurance). Friendly, social environment.

**AQUA ZUMBA** – Splash, stretch, twist in this 'pool party' that integrates the Zumba formula with traditional aqua fitness disciplines.

**ONE STEP UP\*** – Bridging the gap between an arthritis and aerobic class, this format is designed to enhance joint mobility and improve cardio-respiratory fitness.

**TWO STEPS UP\*** – Thirty minutes of aerobic activity in the exercise pool followed by thirty minutes of stretching and flexibility in the therapy pool.

**MONDAY NIGHT SPECIAL: AQUATIC TABATA \*** - A high intensity water aerobics class designed to improve boost caloric burn in a reduced impact environment. (HIIT: high intensity interval training)

\* **FREE for members, REGISTRATION REQUIRED. FEE & REGISTRATION REQUIRED FOR NON-MEMBERS.**

\*\* **PRE-REGISTRATION AND FEE REQUIRED FOR MEMBERS AND NON-MEMBERS.**

**Classes that require registration run on a 6-week schedule with a one-week break in between sessions.**

**For more information please inquire at the Front Desk.**

**Friend us on Facebook at:**  
<http://www.facebook.com/BondWellnessCenter>

*Welcome To The Bond Wellness Center. To make your workout safe and enjoyable, please:*

- Plan to be on time for class. The warm-up prepares you for the more strenuous activity of the workout.
- Not sure if a class is right for you? Ask a staff member or instructor in advance.
- Two person minimum required for a class to run.
- Advise your instructor of special medical considerations that you have.
- **In case of inclement weather, call ahead to check if classes are cancelled. 924-4650**
- If you need to leave class early, please notify the instructor.
- Exercise at your own pace and comfort level.