

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

All fitness pool classes are
Drop In .
No registration required.

Effective Nov 6 – Dec 15, 2017 Aquatic Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 7:45 AQUACISE AND ENERGIZE Patti	6:00- 6:45 AEROBICS Judy	7:00 – 7:45 AQUACISE AND ENERGIZE Patti	6:00- 6:45 AEROBICS Judy	7:00 – 7:45 AQUACISE AND ENERGIZE Patti		7:30-8:15 ARTHRITIS Judy		7:30-8:15 ARTHRITIS Judy	
8:30-9:15 AEROBICS Patti		8:30-9:15 AEROBICS Patti		8:30-9:30 AEROBICS Patti		8:30-9:15 ARTHRITIS Judy		8:30-9:15 ARTHRITIS Carol	
	9:30-10:30 AQUA ZUMBA Sheilla		9:30-10:30 AQUA ZUMBA Sheilla		10:00-10:45 ARTHRITIS Patti		10:00-10:45 ARTHRITIS Patti		
<p><u>Family Swim practice: Sat/Sun 1pm – 2pm*</u> (fee and registration required)</p>					11:00-11:45 BALANCE AND FLOW Traci	11:00-11:45 ARTHRITIS Traci	11:00-11:45 ARTHRITIS Valerie	11:00-11:45 ARTHRITIS Traci	11:00-11:45 ARTHRITIS Valerie
					<p>EXERCISE POOL (84 degree water)</p>				
	1:00-1:30 TWO STEPS UP Calvin		1:00-1:30 TWO STEPS UP Traci			1:30-2:00 TWO STEPS UP Calvin		1:30-2:00 TWO STEPS UP Traci	
3:00-3:45 WATER WORKS Calvin		3:00-3:45 WATER WORKS Calvin		3:00-3:45 WATER WORKS Calvin		4:00-4:45 ARTHRITIS Calvin		4:00-4:45 ARTHRITIS Calvin	
5:00-6:00 AQUATIC TABATA Bruce	5:30-6:15 LIQUID CHALLENGE Bruce	5:00 – 5:30 PARENT & TOT A* Asa 5:45 – 6:15 TODDLER* LEARN 2 SWIM Level 1 Asa	5:30-6:15 LIQUID CHALLENGE Bruce	5:00 – 5:30 PARENT & TOT B* Asa 5:45 – 6:15 TODDLER* LEARN 2 SWIM Level 1 Asa	<p><u>Therapy pool classes and swim* classes will run for 6 week sessions, with a one week break between sessions.</u></p>				
<p>* Fee and registration required.</p>									

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.

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.

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<http://www.facebook.com/BondWellnessCenter>

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. (A 6 week session class)

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

BALANCE AND FLOW - Challenge your balance and improve flexibility and stability by performing graceful and flowing movements in our warm Therapy pool.

PARENT AND TOT- 30 minute introductory class for infants age 6 months – 24 months with parent/guardian held in the Exercise pool. Class meets with Water Safety Instructor once a week.

TODDLER LEARN TO SWIM- 30 minute learn to swim class for 3-4 year old children in the Exercise pool. Class meets with Water Safety Instructor twice a week.

NON-TOILET TRAINED CHILDREN MUST WEAR SWIM DIAPER WHEN USING POOL (EVERY TIME)

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.