

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 pool classes are  
Drop In .  
**No registration required.**

**Effective Sept 18 – Oct 27, 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>ARTHRITIS</b> Judy		7:30-8:15 <b>ARTHRITIS</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> Carol	
	9:30-10:30 <b>AQUA ZUMBA</b> Sheilla		9:30-10:30 <b>AQUA ZUMBA</b> Sheilla		10:00-10:45 <b>ARTHRITIS</b> Patti		10:00-10:45 <b>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
					12:00 – 1:00 pm <b>BALANCE AND FLOW</b> Traci	<b>New</b>	12:00 – 1:00 pm <b>AQUA YOGA</b> Sat Sevak Kaur		
	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> Calvin		3:00-3:45 <b>WATER WORKS</b> Calvin		3:00-3:45 <b>WATER WORKS</b> Calvin		4:00-4:45 <b>ARTHRITIS</b> Calvin		4:00-4:45 <b>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		Therapy pool classes will run for 6 week sessions, with a one week break between sessions.				

**EXERCISE POOL (84 degree water)**

**THERAPY POOL (94 degree water)**

**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.

**AQUA YOGA** - Gentle, low-impact postures and principles of Yoga, including breathing and meditation. Appropriate for aging and recovering bodies and anyBody that would love to experience the benefits of Yoga.

**Therapy Pool Classes run on a 6-week schedule**

**with a one-week break in between sessions.**

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

*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.