

HEALTHPLUS FITNESS CENTER

JULY 2009 POOL SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|-------------------------------|---|---------------------------------|--|-----------------------------|
| 5:00 - 6:00 | Lap Swim | Swim For Fitness | Lap Swim | Swim For Fitness | Lap Swim |
| 6:00 - 7:00 | Cardio Challenge Maria *1 | Lap Swim | Cardio & Toning Maria *3 | Lap Swim | Cardio & Toning Lynne |
| 7:00 - 8:00 | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 8:00 - 9:00 | Tone & Stretch Edna | Lap Swim | Instructor's Choice Edna | Lap Swim | Cardio & Balance Clay *6 |
| 9:30 - 10:30 | Cardio and Toning Edna | Cardio Challenge Robin (9:15) | Cardio & Toning Amy | Cardio Challenge Edna (9:15) | Cardio & Toning Maria *7 |
| 11:00 - 12:00 | Arthritis Foundation Keena | Lap Swim | Arthritis Foundation Clay *4 | Lap Swim | Will Return in Fall |
| 10:30 - 1:00 | Lap Swim | Lap Swim | Lap Swim† | Lap Swim | Lap Swim |
| 1:00 - 2:00 | Senior Water Maria *2 | Lap Swim | Senior Water Maria *5 | Lap Swim‡ | Senior Water Edna *8 |
| 2:00 - 3:00 | Fitness Fun Camp | Fitness Fun Camp | Fitness Fun Camp | Fitness Fun Camp | Fitness Fun Camp |
| 3:00 - 4:30 | Children's Swim Lessons | Children's Swim Lessons | Children's Swim Lessons | Children's Swim Lessons | Lap Swim |
| 4:30 - 5:30 | Lap Swim | Swim For Fitness 1-2-3 | Lap Swim | Swim For Fitness 1-2-3 | Kid's Gym (4-6) |
| 5:30 - 6:30 | Water Boot Camp Ashley | Cardio Challenge Lynne | Water Boot Camp Ashley | Cardio & Toning Ashley | Family Swim |
| 6:30 - 8:15 | Children's Swim Lessons | Children's Swim Lessons | Children's Swim Lessons | Children's Swim Lessons | Family Swim |
| 8:15 - 9:00 | Lap Swim | Family Swim | Lap Swim | Family Swim | Family Swim |
| 9:00 - 10:00 | Clean-up | Clean-up | Clean-up | Clean-up | Clean-up |
| SATURDAY | | SUNDAY | | | |
| 6:30 - 8:00 | Lap Swim | 1:00 - 2:30 | Lap Swim | Children under the age of 13 are ONLY allowed in the pool during Family Swim and when participating in Swim Lessons or Special Activities TWO LANES ARE AVAILABLE FOR LAP SWIM AT ALL TIMES | |
| 8:00 - 9:00 | Lap Swim | 2:30 - 7:00 | Family Swim | | |
| 9:15 - 10:15 | Instructor's Choice *9 | 7:00 - 8:00 | Clean-up | | |
| 10:15 - 2:00 | Lap Swim | *INDICATES CHANGE IN INSTRUCTOR: *1: 7/27 Clay *2: 7/27 Edna *3: 7/22 Clay; 7/29 Clay *4: 7/1 Keena *5: 7/22 Edna 7/29 Edna *6: 7/3 Amy *7: 7/4 No Class; 7/11 Edna; 7/18 Ashley; 7/25 Clay | | †Dandyland 12p-1p | |
| 2:00 - 7:00 | Family Swim | | | | |
| 7:00 - 8:00 | Clean-up | | | | |

Lap Swim Time to get your workout in! During lap swim, all members age 13 and older are invited to swim laps. Up to five lanes are available at this time.

Children's Swim Lessons Group swim lessons for children ages 6 months to 10 years. See the front desk for information on session dates, cost and sign up.

Swim for Fitness Give your swimming workout an extra push. Learn proper stroke mechanics for a more efficient swim, improve your endurance, and learn how to put an effective workout together. We can help you train for your upcoming triathlon or help you incorporate swimming into your fitness routine. See the front desk for further information and sign up.

Family Swim Everyone is invited to jump in the pool and have some fun! Families can enjoy activities such as water basketball, diving for rings and sticks, and playing with noodles! Don't miss out!

KIDS' GYM A chance for the kids to play while Mom and Dad work out. The fun and activities move from the Kids' Gym to the pool every Friday.

WaterWorks Class designed for children and adults with special needs. Each class participant will be one-on-one with a volunteer for the duration of the class. A doctor's clearance for participation is required. See the front desk for further information and sign up.

***TWO LANES ARE AVAILABLE
FOR LAP SWIM AT ALL TIMES***

Aqua Exercise Classes Add variety to your exercise routine with our fun and challenging water aerobics classes. All classes are taught in our shallow water pool. Non-swimmers are always welcome.

Arthritis Foundation Aquatic Program: Recreational exercise program designed to accommodate the abilities of individuals with arthritis and other related diseases. This class will provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain, and relieve some symptoms of arthritis.

Water Aerobics: Something different every time. You are in for an hour of fun when the instructors pick the class. Appropriate for all fitness levels.

Tone & Stretch: A class set at a comfortable pace. Work to firm, tone, and stretch your body using water weights, bands, boards and other water equipment. Appropriate for beginners.

Cardio Challenge: A class with a focus on cardiovascular work at a higher intensity. You will use familiar movements but in a more complex pattern. Appropriate for intermediate and advanced fitness levels.

Senior Water: A wonderfully easy-paced class for the older exerciser. Great for those with arthritis, fibromyalgia, obesity or other physical conditions. A time to make friends and exercise. Appropriate for beginners.

Cardio and Balance: Give yourself a challenge with a cardiovascular workout with an emphasis on increasing both balance and posture. This workout is perfect for all fitness levels and those looking to expand their routines from land based workouts.