

# HEALTHPLUS FITNESS CENTER

## JANUARY 2010 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	Lap Swim	Cardio & Toning Maria	Lap Swim	<b>Cancelled Temporarily</b>
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	<b>Cancelled Temporarily</b>
9:30 - 10:30	Cardio and Toning Edna	Cardio Challenge Robin (9:15)	Cardio & Toning Amy	Cardio Challenge Edna (9:15)	Cardio & Toning Clay
11:00 - 12:00	<b>Cancelled Temporarily</b>	Lap Swim	Arthritis Foundation Clay	Lap Swim	Body In Motion Clay *1
10:30 - 1:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 - 2:00	Senior Water Maria	Lap Swim	Senior Water Maria	Lap Swim	Senior Water Edna *1
2:00 - 3:00	Lap Swim†	Homeschool†	Lap Swim	Lap Swim	Homeschool
3:00 - 4:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:30 - 5:30	Lap Swim	Swim For Fitness 1-2-3	Lap Swim	Swim For Fitness 1-2-3	Water Works (4-5) Kid's Gym (4-6)
5:30 - 6:30	<b>Cancelled Temporarily</b>	Cardio Challenge Ashley	<b>Cancelled Temporarily</b>	Cardio & Toning Ashley	Family Swim
6:30 - 7:30	Lap Swim	Family Swim	Lap Swim	Family Swim	Family Swim
7:30 - 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		<b>Children under the age of 13 are ONLY allowed in the pool during Family Swim and when participating in Swim Lessons or Special Activities</b>  <b>TWO LANES ARE AVAILABLE FOR LAP SWIM AT ALL TIMES</b>	
6:30 - 8:00	Lap Swim	1:00 - 2:30	Lap Swim		
8:00 - 9:00	Lap Swim	2:30 - 7:00	Family Swim		
9:15 - 10:15	Instructor's Choice *2	7:00 - 8:00	Clean-up		
10:15 - 2:00	Lap Swim	<b>*INDICATES CHANGE IN INSTRUCTOR:</b> *1: 1/1 NO CLASS; *2: 1/2 Ashley, 1/9 Maria, 1/16 Edna, 1/23 Ashley, 1/30 Clay			
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.

**Bodies in Motion:** An introduction to aquatics, this class will improve muscular strength, range of motion, flexibility and endurance, balance, and relieve some symptoms of arthritis and other related diseases or conditions. Appropriate for beginners and individuals wanting to add water to their workout.

**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.