

# HEALTHPLUS FITNESS CENTER

## JULY 2010 POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 6:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
6:00 - 7:00	Lap Swim	Lap Swim	Cardio & Toning Maria *1	Lap Swim	Lap Swim
7:00 - 8:00	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00 - 9:00	Sports Fun Camp (8:30 - 9:30)	Sports Fun Camp (8:30 - 9:30)	Instructor's Choice Clay	Sports Fun Camp (8:30 - 9:30)	Sports Fun Camp (8:30 - 9:30)
9:30 - 10:30	Cardio and Toning Susan	Cardio Challenge Robin	Cardio & Toning Amy	Cardio Challenge Stacey	Cardio & Toning Clay
11:00 - 12:00	Arthritis Foundation Ashley	Lap Swim	Arthritis Foundation Keena *2	Lap Swim	Body In Motion Clay
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 *3	Lap Swim	Senior Water Ashley
2:00 - 3:00	Sports Fun Camp	Sports Fun Camp	Sports Fun Camp	Sports Fun Camp	Sports 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
5:30 - 6:30	Boot Camp Ashley	Cardio Challenge Ashley	Boot Camp Ashley	Will Return In The Fall	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
<b>SATURDAY</b>		<b>SUNDAY</b>			
6:30 - 8:00	Lap Swim	1:00 - 2:30	Lap Swim	<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>	
8:00 - 9:00	Lap Swim	2:30 - 7:00	Family Swim		
9:15 - 10:15	Instructor's Choice *4	7:00 - 8:00	Clean-up		
10:15 - 2:00	Lap Swim	<b>*INDICATES CHANGE IN INSTRUCTOR:</b> *1:7/28 Lynne *2: 7/14 Clay *3: 7/28 Lynne*4: 7/3 Stacey, 7/10 Clay, 7/17 Maria, 7/24 Ashley, 7/31 Amy		<b>† Dandyland 12p-1p</b>	
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.

**Water Boot Camp:** Water Boot Camp is a cardio and strength workout which combines aerobic with anaerobic exercises. The pool provides less impact on the joints and more resistance for the muscles to create an effective and fun workout.

***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.