



A Touchmark® affiliate
Est. 1980

Waterford Health & Fitness Club

360-433-6400

Aquatic Schedule

September 12 – October 29, 2011

Updated 09/14/2011 (7 weeks)

All classes and times subject to change.

Next session registration begins October 3rd.

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Open at 6 am	Open at 6 am	Open at 6 am	Open at 6 am	Open at 6 am		
7:00 am						Closed	
8:00 am	Waves 8:00-8:50am		Waves 8:00-8:50am			Open 8am	
9:00 am	Splash 9:00-9:50am		Splash 9:00-9:50am		**Aqua Zumba 9:00-9:50am		
10:00 am	Deep Water 10:00-10:50am	**Aqua Core 10:00-10:50 am	Deep Water 10:00-10:50am	**Aqua Core 10:00-10:50 am			Closed
11:00 am	Arthritis Aquatics 11:00-11:50am	Arthritis Aquatics 11:00-11:50am	Arthritis Aquatics 11:00-11:50am	Arthritis Aquatics 11:00-11:50am	Arthritis Aquatics 11:00-11:50am	Arthritis Aquatics 11:00-11:50am	Open 11am
12:00 pm							
12:30 pm	Aqua Balance 12:30 – 1:20pm			Aqua Balance 12:30 – 1:20pm			
1:00 pm			**Aquatics for Life 1:00-1:50pm				
1:30 pm							
2:00 pm							
3:00 pm							Close 3pm
5:00 pm						Close 5pm	Closed
5:30 pm	Aqua Motion 5:30-6:20pm	Water Volleyball 5:30-6:30pm	Aqua Motion 5:30-6:20pm	Water Volleyball 5:30-6:30pm	Aqua Motion 5:30-6:20pm	Closed	
6:30 pm							
8:00 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm		

***Fee-based class*

Pool Hours

Monday – Friday: 6:00am – 8:00pm

Saturday: 8:00am – 5:00pm / **Sunday:** 11:00am – 3:00pm

Please note the pool closes 15 minutes prior to closing time for cleaning and securing the area.

Description of Aquatic Classes

September 12 – October 29, 2011

All classes and times subject to change.

Class Title	Days/Times		Description
Arthritis Aquatics	Mon – Sat 11:00 – 11:50 am	Included, \$\$	Increase motion and muscle strength and decrease pain due to arthritis or arthritis-like conditions. Program endorsed by the Arthritis Foundation. Instructor: Mark, Max: 25
Aqua Balance	Mon/Thurs 12:30 – 1:20pm	Included, \$\$	Work on balance, coordination, strength, and agility - movements that are difficult on land can be performed with great ease, as the buoyancy of the water supports joints and allows greater freedom of movement. Instructor: Kim, Max: 25
**Aqua Core	Tue/Thurs 10:00 – 10:50am	\$\$	Deep water aquatic training for core strength, balance, stability, flexibility and posture. Instructor: Kacy, Max: 14
Aqua Motion	Mon/Wed/Fri 5:30 – 6:20 pm	Included, \$\$	Medium to high intensity aquatic aerobic class designed to build strength, develop core, give a great cardio work out and have fun! Instructor: Josh, Max: 25
**Aqua Zumba	Friday 9:00 – 9:50am	\$\$	Join the ultimate “Pool Party.” Combine traditional Latin moves modified for water. Enjoy Latin flavor music to make your workout energetic and calorie-burning. Instructor: Jamie, Max: 25
**Aquatics for Life	Wed 1:00 – 1:50 pm	\$\$	Designed for those diagnosed with Parkinson’s or other similar disorders to assist range of motion exercise movements, general exercise unable to do on land. Instructor: Kim, Max: 12 Each person to be pre-assessed prior to class attendance.
Deep Water	Mon/Wed 10:00-10:50am	FULL	Medium-intensity exercise focused in deep water for non-impact on joints. Instructor: Josh, Max: 14
Splash	Mon/Wed 9:00 – 9:50 am	FULL	Combination of shallow and deep water exercises. Medium to high intensity focusing on 25 – 30 continuous movement followed up with core strength work. Noodles and dumbbells used for a total body workout. Instructor: Jamie, Max: 25
Volleyball	Tue/Thurs 5:30 – 6:30 pm	Included, \$\$	Water volleyball.
Waves	Mon/Wed 8:00 – 8:50 am	FULL	This low- to medium-intensity shallow water workout incorporates moves to improve cardiovascular endurance and flexibility. Finish up with abdominal strength exercises and stretching. Instructor: Jamie, Max: 25
Aqua 1:1	By Request	\$\$	Personal training, post therapy, supervised exercise and private 1:1 exercise available. Please inquire at Member Services.



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Fitness Schedule

September 12- October 29, 2011

Updated 09/17/2011 (7 weeks)

All classes/times subject to change/Registration for next session 10/3/2011

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am	Open at 6 am		Open at 6 am		Open at 6 am	Closed	
7:30 am	Strong Bodies 7:30 – 8:20 am		Strong Bodies 7:30 – 8:20 am		Strong Bodies 7:30 – 8:20 am	Open at 8 am	
8:00 am		Yoga 8:00-8:50am		Yoga 8:00-8:50am		Yoga 8:00-8:50am	
9:00 am	Advanced Tai Chi 9:00-9:50am	Yoga 9:00-9:50am	Advanced Tai Chi 9:00-9:50am	Yoga 9:00-9:50am	Advanced Tai Chi 9:00-9:50am	Yoga 9:00-9:50am	
10:00 am	**Tai Chi for Health 10:00-10:50am	Aerobic Dance 10:00-10:50am	**Tai Chi for Health 10:00-10:50am	Aerobic Dance 10:00-10:50am	Intro to Tai Chi 10:00-10:50am		Closed
11:00 am	Swing & Sway 11:00-11:50am	Body Works 11:00-11:50am	Swing & Sway 11:00-11:50am	Body Works 11:00-11:50am	Intro To Zumba 11:00-11:50am		Open 11am
1:00 pm		**Exercise for Life 2 1:00pm-2:15pm		**Exercise for Life 2 1:00pm-2:15pm			
2:30 pm	Posture & Balance 2:30-3:20pm		Posture & Balance 2:30-3:20pm		Posture & Balance 2:30-3:20pm		
3:30 pm	**Exercise for Life 3 3:30-4:30pm		**Exercise for Life 3 3:30-4:30pm				Close at 3pm
5:30 pm						Close at 5 pm	Closed
6:30 pm		Yoga-Pilates 6:40-7:30pm	**Weight Loss Group 6:30-7:30pm	Yoga-Pilates 6:40-7:30pm		Closed	
8:00 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm		

**Fee-based class

Exercise Room Hours

Monday – Friday: 6:00am - 8:00pm

Saturday: 8:00am - 5:00pm / Sunday: 11:00am - 3:00pm

Description of Fitness Classes

September 12 – October 29, 2011

All classes and times subject to change.

Class Title	Days/Times		Description
Advanced Tai Chi	Mon/Wed/Fri 9:00 – 9:50 am	Included MEMBERS ONLY	This class is for members only and for the experienced Tai Chi participant. All attendees must be approved by instructor and be at an advanced level. Instructor: Assorted, Max: 15
Aerobic Dance	Tue/Thurs 10:00 – 10:50 am	FULL	You don't need rhythm to do this class... just the spirit to dance! All levels are welcome to this great cardiovascular workout. Instructor: Jamie, Max: 18
**Tai chi for Health	Mon/Wed 10:00 – 10:50 am	\$\$	Blended mind-body exercise. A very gentle form of Tai chi with emphasis on building strength, balance, and promoting general well being. Instructor: Marianne, Max: 10
Body Works	Tue/Thu 11:00 – 11:50 am	FULL	Movements focusing on balance, coordination, endurance and flexibility directed for Seniors. Working in intervals mixing cardio and weights, stretching, balls and much more, fun for all!! Instructor: Jamie, Max: 18
**Exercise For Life 1-2-3		\$\$	This is a proactive approach to slowing the progression of Parkinson's Disease and other Neurological Disorders for both men and women. Each class level is designed to meet a specific level of mobility. To participate in class participant will need to: #1 – Be completely independent in movement, designed for those at early diagnosis. Instructor: Kim Class Max 16 #2 - Be able to get down to the floor, walk independently in movement at least 500 ft. No wheelchairs. Instructor: Jan, : 16 #3 – This is a fully seated program. Wheelchairs are welcome. Instructor: Kim, Max: 10
Intro to Tai Chi	Friday 10:00- 10:50am	FULL	A beginners class for Tai Chi, appropriate for those with no experience, need refresher. Instructor: Emmett, Max: 10
Intro to Zumba	Friday 11:00 – 11:50 am	FULL	Learn the basic steps and techniques of the Cha-Cha, Merengue, and Mambo. Put it all to music and have a ball! Instructor: Jamie, Max: 18
Posture & Balance	Mon-Wed-Fri 2:30 – 3:20pm	Included, \$\$	Work on basic balance, flexibility, posture, strength, and coordination. Instructor: Jamie, Max: 18
Strong Bodies	Mon/Wed/Fri 7:30 – 8:20am	Included, \$\$	A non-impact class designed to increase muscular strength and endurance using hand weights, bands, and body weight Instructor: Kacy, Max: 18
Swing & Sway	Mon/Wed 11:00 – 11:50 am	FULL	This dance-style aerobics class will get you moving! Focus on balance, flexibility, and overall cardiovascular health while moving to fun music. Instructor: Carol, Max: 15
Yoga	Tue/Thurs/Sat 8:00 - 8:50 am 9:00 - 9:50 am	Included, \$\$	Classic yoga combines strength and flexibility in a calm and relaxing environment. All levels are welcome. Instructor: Sherry, Max: 18
Yoga-Pilates	Tue/Thurs 6:40 - 7:30 pm	FULL	Split class beginning with yoga and finishing with pilates moves. Stretch, strengthen and tone in this combo workout. Instructor: Sherry, Max: 18