



A Touchmark® affiliate
Est. 1980

Aquatic Schedule

July 12 – September 4, 2010

Waterford Health & Fitness Club

All classes and times subject to change/Updated 6/15/2010

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	Closed	
7:15 am		**Master Swim 7:15- 8:15am		**Master Swim 7:15-8:15am		Open at 8 am	
8:00 am	Aqua Aerobics 8:00-8:50am		Aqua Aerobics 8:00-8:50am				
8:30 am		**Swim Lessons Level 1 & 2 8:30 – 9:15am		**Swim Lessons Level 1 & 2 8:30 – 9:15am			
9:00 am	Flow Motion 9:00-9:50am		Flow Motion 9:00-9:50am			Aqua Motion 9:00-9:50am	
10:00 am	Splash! 10:00-10:50am		Splash! 10:00-10:50am				Closed
11:00 am		Arthritis Aquatics 11:00-11:50am		Arthritis Aquatics 11:00-11:50am			Open 11am
12:00 pm		Aqua Aerobics II 12:00-12:50pm			Aqua Aerobics II 12:00-12:50pm		
12:30 pm	Aqua Balance 12:30-1:20pm			Aqua Balance 12:30-1:20pm			
1:30 pm						Close at 5 pm	Close at 3pm
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		Closed	Closed
8:00 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm		

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

July 12 – September 4, 2010

All classes and times subject to change

<i>Class Title</i>	<i>Days/Times</i>		<i>Explanation</i>
Aqua Balance	Mon/Thurs 12:30 – 1:20 pm	Included, \$\$	Participants who have had a fall or have a fear of falling 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. Max Class Size 12/Instructor: Cathy
Aqua Motion	Mon/Wed 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
	Sat 9:00 – 9:50 am		
Arthritis Aquatics	Tue/Thurs 11:00 – 11:50 am	Included, \$\$	Arthritis Aquatics is designed to increase motion and muscle strength and decrease pain due to arthritis or arthritis-like conditions. Program endorsed by the Arthritis Foundation. Instructor: Mark
Aqua Aerobics	Mon/Wed 8:00 – 8:50am	Included, \$\$	Combination of shallow & deep water exercises. Medium intensity, focusing on 25 – 30 min continuous movement followed up with core strength work. Noodles and dumbbells used for a total body workout. Instructor: Jamie
Aqua Aerobics II	Tues/Fri 12:00-12:50	Included, \$\$	Combination of shallow & deep water exercises. Low – medium intensity geared to increase cardiovascular endurance while working with the natural resistance of the water for strength. Instructor: Jamie
Flow Motion	Mon/Wed 9:00 – 9:50 am	Included, \$\$	This very low-impact, total-body workout helps improve balance, coordination, agility, strength, and flexibility. Learn basics of water exercise. Instructor: Andrea
Master Swim Class	Tue/Thurs 7:15am-8:15am	\$\$	Focus on beginning competitive swimming, including all competitive strokes, turns, strategies, and training. Whether you are looking for competitive training, improved stroke technique, building endurance, triathlon swimming skills, or just love swimming ... this class is perfect for you. Instructor/Coach: Sheri
Splash!	Mon/Wed 10:00 – 10:50 am	Included, \$\$	High-intensity water aerobic class. Instructor: Andrea
Swim Lessons – Small Group, Levels I and II	Level I & 2 Tue/Thurs 8:30 – 9:15 am	\$\$	This four-week Small Group session provides Level 1 and 2 adult swim lessons. Refine your skills or learn how to swim. Swimming is great exercise; learn how to use it to your best ability. Max Class Size 4/Instructor Sheri
Volleyball	Tue/Thurs 5:30 – 6:30 pm	Included, \$\$	Water volleyball.
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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Waterford Health & Fitness Club

360-433-6400

Fitness Schedule

July 12 - September 4, 2010

All classes and times subject to change/Updated 6/15/2010

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		
6:15 am		Core Basics 6:15-7:00am		Core Basics 6:15-7:00am		Closed	
8:00 am		Yoga 8:00-8:50am		Yoga 8:00-8:50am		Open at 8 am	
8:15 am	Strong Bodies II 8:15-8:55am		Strong Bodies II 8:15-8:55am		Strong Bodies II 8:15-8:55am	Yoga 8:30-9:20am	
8:30 am				**Weight Loss & Wellness Nutrition Class 8:30 – 9:30am			
9:00 am	**Zumba 9:00-9:50am	Yoga 9:00-9:50am	**Zumba 9:00-9:50am	Yoga 9:00-9:50am	Stretch & Flex 9:00-9:50am		
10:00 am		Aerobic Dance 10:00-10:50am	**Arthritis Tai Chi 10:00-10:50am	Aerobic Dance 10:00-10:50am	Intro to Zumba 10:00-10:50am	**Arthritis Tai Chi 10:00-10:50am	Closed
11:00 am		Senior Fit 11:00-11:50am			Senior Fit 11:00-11:50am		Open at 11am
3:00 pm	Posture & Balance 3:00-3:50pm		Posture & Balance 3:00-3:50pm				Close at 3pm
5:30 pm		**Zumba 5:30-6:30pm		**Zumba 5:30-6:30pm			Closed
6:30 pm		Yoga/Pilates 6:30-7:30pm		Yoga/Pilates 6:30-7:30pm		Close at 5 pm	
8:00 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Close at 8 pm	Closed	

Exercise Room Hours

Monday – Friday: 6:00am - 8:00pm

Saturday: 8:00am - 5:00pm

Sunday: 11:00am - 3:00pm

Description of Fitness Classes

July 12 – September 4, 2010

All classes and times are subject to change

<i>Class Title</i>	<i>Days/Times</i>		<i>Description</i>
Non-Studio Classes			
**Weight Loss and Wellness Nutrition Class	Thursday 8:30 – 9:30am	\$\$	This nutrition education class is designed for anyone who has tried to lose weight and gained it back, or for anyone who wants to learn how to maximize their nutrition. Max Class Size 10/ Instructor: Kacy.
Studio Classes			
Core Basics	Tues/Thurs 6:15-7:00am	Included, \$\$	Work on balance, core strength, posture, and flexibility. Class accommodates all levels of mobility. Max Class Size 20 /Instructor: Sheri.
Posture & Balance	Mon/Wed 3:00 – 3:50 pm	Included, \$\$	Work on basic balance, flexibility, posture, strength, and coordination. Max Class Size 20/Instructor: Sheri-Fri, Cathy-Mon/Wed.
Stretch & Flex	Friday 9:00 – 9:50 am	Included, \$\$	Focus on releasing muscular tension and soreness. Stretching and exercises improve range of motion at the joints. Movements are low impact and put minimal stress on the muscles and joints. Max Class Size 12/Instructor: Cathy
**Arthritis Tai Chi	Wed/Sat 10:00 – 10:50am	\$\$	Blended mind-body exercise with special consideration for individuals with arthritic joints or other pain.
Senior Fit	Mon/Fri 11:00 – 11:50am	Included, \$\$	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
Strong Bodies II	Mon/Wed 8:15 – 8:55 am	Included, \$\$	This fast-paced, challenging class will strengthen bones and muscles in order to minimize the impact of osteoporosis or delay the onset. Hand weights, bands, and body weight will be used. Max Class Size 12/Instructor: Cathy
Yoga	Tues/Thurs 8:00-8:50am 9:00-9:50am Saturday 8:30-9:20am	Included, \$\$	Classic yoga combines strength and flexibility in a calm and relaxing environment. All levels are welcome. Instructor: Sherry
Yoga/Pilates	Tues/Thurs 6:30-7:20pm	Included, \$\$	Split class beginning with yoga and finishing with pilates moves. Stretch, strengthen and tone in this combo workout. Instructor: Sherry.
**Zumba	Tues/Thurs 5:30 – 6:30pm Mon/Wed 9:00 – 9:50am	\$\$	Zumba fuses Latin rhythms and easy to follow moves to create a one of a kind fitness program. Wear loose comfortable clothes. Max class: 16/Instructor: Holly – Tues/Thurs 5:30-6:20pm Jamie – Mon/Wed 9:00-9:50am