

# Fall Schedule: September 15 - December 19, 2008

## Waterford Health & Fitness Club Aquatic Schedule

Schedule Update: 9/5/2008

All classes and times subject to change

All blank spaces are open swim times

Time	Monday	Tuesday	Wednesday	Thursday		Saturday	Sunday
6:00am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swim		
7:00am						Closed	Closed
8:00am							
9:00am	Flow Motion 9:00-9:50	Smooth Moves 9:00-9:50	Flow Motion 9:00-9:50	Smooth Moves 9:00-9:50	Flow Motion 9:00-9:50		
10:00am	Splash! 10:00- 10:50am	Deep Dynamics 10:00-10:50	Splash! 10:00- 10:50am	Deep Dynamics 10:00-10:50	Splash! 10:00- 10:50am		
11:00am	Splash! 11:00- 11:50am	Arthritis 11:00-11:50	Splash! 11:00- 11:50am	Arthritis 11:00-11:50	Aqua Balance 11:00- 11:50am		
12:00pm	Master Swim** 12:00-1:00		Master Swim** 12:00-1:00				
1:30pm		Fall Proof H2O 1:30-2:30	Aqua Balance 1:30-2:20pm		Fall Proof H2O 1:30-2:30		
2:00pm							
3:00pm							
4:00pm							
5:30pm		Fun & Fitness 5:30-6:20		Fun & Fitness 5:30-6:20		Close at 5pm	Close at 5pm
6:00pm						Closed	Closed
7:00pm						Closed	Closed
8:00pm	Close at 8:00	Close at 8:00	Close at 8:00	Close at 8:00	Close at 8:00	Closed	Closed

\*\*Fee classes for members, small fee applies.

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Hours of Operation: Monday-Friday 6am-8pm, Saturday & Sunday 8am - 5pm

<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
<b>Arthritis</b>	<b>Tues/Thurs 11:00-11:50</b>	<b>Included, \$\$</b>	Arthritis Aquatics is designed to increase motion and muscle strength and to decrease pain due to arthritis or arthritis like conditions. Class Size 25/ Instructor Mark <b>**ENDORSED PROGRAM BY THE ARTHRITIS FOUNDATION.</b>
<b>Aqua Balance</b>	<b>Wed 1:30- 2:20 Fri 11:00-11:50</b>	<b>Included, \$\$</b>	Aqua Balance allows members who have had a fall or have a fear of falling to work on balance and coordination, strength and agility in the supportive medium of water. Movements that are difficult on land can be performed with great ease, where the buoyancy of the water supports joints and allows greater freedom of movement. Max Class Size 25/Instructor Cathy
<b>Deep Dynamics</b>	<b>Tue/Thur 10:00-10:50am</b>	<b>Included, \$\$</b>	This deep water class has no impact on your joints, yet focuses on strength, postural awareness and total body conditioning. Class Max Size 12/Instructor Robin
<b>Fun &amp; Fitness</b>	<b>Tues/Thurs 5:30-6:20pm</b>	<b>Included, \$\$</b>	Class performs water exercises on Tuesday, water volley ball is played every Thursday. Class Max Size 25/
<b>Flow Motion</b>	<b>Mon/Wed/Fri 9:00-9:50</b>	<b>Included, \$\$</b>	A very low impact, total body workout intended to improve balance, coordination, agility, strength, and flexibility. Learn the basics of water exercise. Max Class Size 25/Instructor Jessica.
<b>Master Swim Class</b>	<b>Mon/Wed 12-1pm</b>	<b>\$\$</b>	Class focuses on beginning competitive swimming incorporating all competitive strokes, turns, strategies and training. Whether you are looking for competitive training, improving stroke technique, building endurance, triathlon swimming skills or just love swimming.
<b>Smooth Moves</b>	<b>Tues/Thurs 9:00-9:50</b>	<b>Included, \$\$</b>	Easy on joints, easy on the muscles, yet beneficial for both. Everyone will be encouraged to move at an individualized comfortable pace while improving balance co-ordination and overall fitness. Class Max Size 20/Instructor Robin
<b>Splash!</b>	<b>Mon/Wed/Fri 10:00-10:50 Mon/Wed 11:00-11:50</b>	<b>Included, \$\$</b>	Hi intensity water aerobic class. Class Max Size 25/Instructor Jessica.
<b>Adult Swim Lessons</b>	<b>TBD</b>	<b>\$\$</b>	Private or small group Adult Swim Lessons are available on request . Please inquire at front desk if you are interested. Lessons provide by Sheri Bottleberghe.

\*\*Class open to non-members for a fee, members receive a discount

Minimum number of participants required for all classes, please sign up at HFC Front Desk

2927 SE Village Loop  
Vancouver WA 98683  
03/24/2008

# Fall Land Schedule September 15- December 19, 2008

## Waterford Health & Fitness Club Fitness Schedule

Schedule Update: 9/5/2008

All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00am							
8:00am	Walking 8:00-8:50		Walking 8:00-8:50				
9:00am	Tai Chi** Level III 9:00-9:50	ACE 9:00-9:50	Tai Chi** Level III 9:00-9:50	ACE 9:00-9:50			
10:00am	Tai Chi** Level I 10:00- 10:50	Posture & Balance 10:00- 10:50	Tai Chi** Level I 10:00- 10:50	Posture & Balance 10:00-10:50	Stretch & Flex 10:00- 10:50		
11:00am	Swing and Sway 11:00- 11:50		Swing and Sway 11:00- 11:50				
12:00pm	Strong Bodies 12:00- 12:50		Strong Bodies 12:00- 12:50				
1:00pm							
1:30pm	Pink Ribbon Program 130-2:20			Pink Ribbon Program 130-2:20			
3:00pm	Posture & Balance 3:00- 3:50	Social Dance** 3:00-3:50	Posture & Balance 3:00- 3:50	Social Dance** 3:00-3:50			
4:00pm		Gentle Yoga 4:30-5:20		Gentle Yoga 4:30-5:20			
5:00pm							
6:00pm						Closed	Closed
7:00pm						Closed	Closed
8:00pm						Closed	Closed

All Classes open to non-members for a fee.

\*\*Fee classes for Members, small fee applies

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<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
<b>ACE</b>	<b>Tues/Thurs 9:00-9:50</b>	<b>Included, \$\$</b>	Agility/Balance, Core Strength and Energy are the main focus of this fun interactive class. A higher level class that is intended to maintain good balance and coordination. The class will work on strength balance coordination in a circuit setting. Max class size: 15/Instructor: Sheri
<b>Gentle Yoga</b>	<b>Tues/Thurs 4:30-5:20pm</b>	<b>Included, \$\$</b>	GENTLE YOGA is a beginning yoga class that will bring ease and relaxation to your mind, stretch and strengthen your body and is geared toward the beginning and returning student. This class will focus on yoga along with fundamental breathing techniques. Max Class Size 12/ Instructor: Bill
<b>Pink Ribbon Program</b>	<b>Mon/Thurs 1:30-2:20</b>	<b>Included, \$\$</b>	This program will help stretch and strengthen the shoulder, chest, back and abdominal muscles. Thus allowing women to regain full range of motion to those areas affected by breast area surgery. Suitable for recent surgery or if surgery was several years ago. Accommodates all fitness levels. Max Class size 12/Instructor: Cathy
<b>Posture and Balance</b>	<b>Mon/Wed 3:00-3:50pm or Tues/Thurs 10:00-10:50</b>	<b>Included, \$\$</b>	Tues/Thurs Class is an Entry Level Class. Mon/Wed is a slightly higher level than Tues/Thurs class. Class intended to work on basic balance, flexibility, posture, strength, and coordination. Max Class Size 20/ Instructors: Sheri Tues/Thurs - Cathy Mon/Wed
<b>Stretch &amp; Flex</b>	<b>Friday 10:00-10:50am</b>	<b>Included, \$\$</b>	Focusing 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
<b>Social Dance</b>	<b>Tues/Thurs 3:00-3:50pm</b>	<b>\$\$</b>	Social dancing is a fun way to exercise, improve your outlook on life as well as connect with others. Our professional instructor will dance your way to increased coordination, agility, balance, poise and self confidence. Private lessons also available upon request. Max Class Size 12/Instructor Bill.
<b>Strong Bodies</b>	<b>Mon/Wed 12:00-12:50pm</b>	<b>Included, \$\$</b>	This class was designed specifically to strengthen bones and muscles in an effort to reduce the onset of osteoporosis. A combination of hand weights, bands and body weight will be used. Max Class Size 15/Instructor Cathy
<b>Swing N Sway</b>	<b>Mon/Wed 11:00-11:50am</b>	<b>Included, \$\$</b>	Dance Style aerobics class to get you moving! Focuses on balance, flexibility and overall cardiovascular health while moving to fun music. Our floating hardwood floor is easy on your hips and knees! Max Class Size 20/Instructor Carol
<b>**Tai Chi</b>	<b>**Tai Chi</b>	<b>\$\$</b>	Using deep breathing and increased range of motion to enhance relaxation and mental acuity and balance. All Tai Chi classes are fee for service. Reduced rates for club members. Max Class Size 10-15/Instructor Master Jack Ma
<b>Walking</b>	<b>Mon/Wed 8:00-8:50am</b>	<b>Included, \$\$</b>	Outdoor walking, locally, flat surface with a personal trainer. Walking will continue as long as weather permits. Max Class Size 12/Instructor Sheri

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Minimum number of participants needed for all classes