

Studio Schedule: January 4 - March 26, 2010

Waterford Health & Fitness Club Schedule

Schedule Update: 12/30/2009

All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
6:45am	Core Basics 6:45 7:30am		Core Basics 6:45-7:30am		On The Ball 6:45-7:30am		
7:30am	Stretching 7:30-8:00am		Stretching 7:30-8:00am				
8:00am							
8:15am	Strong Bodies II 8:15-8:55am		Strong Bodies II 8:15- 8:55am		Strong Bodies II 8:15-8:55am		
9:00am					Stretch & Flex 9:00-9:50am		
10:00am							
11:00am	Swing Sway 11:00-11:50am		Swing Sway 11:00-11:50am				
12:00pm							
1:00pm							
2:00pm							
3:00pm	Posture & Balance 3:00 - 3:50	**Tai Chi/ Qigong 3:00-3:50pm	Posture & Balance 3:00 - 3:50		**Tai Chi/ Qigong 3:00-3:50pm		
4:00pm		Mind-Body Fitness 4:00-4:50pm			Mind-Body Fitness 4:00-4:50pm		
5:00pm						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

2927 SE Village Loop
Vancouver WA 98683

Waterford Health Fitness Center

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Waterford Health & Fitness Club Schedule

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<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
Core Basics	Mon/Wed 6:45 – 7:15am	Included, \$\$	Designed to work on balance, core strength, posture and flexibility. Accommodates all levels of mobility. Class Max Size 20 /Instructor Sheri.
On The Ball	Fri 6:45 – 7:15am	Included, \$\$	Basic ball exercises, combined with strength conditioning to increase muscle tone and balance. Max Class Size 12/Instructor: Sheri
**Pink Ribbon Program	Upon Request	\$\$	Post Operative Workout Enhancing Recover Program. 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.
Posture & Balance	Mon/Wed 3:00- 3:50pm	Included, \$\$	Class intended to work on basic balance, flexibility, posture, strength, and coordination. Max Class Size 20/ Instructor: Cathy
Stretch & Flex	Friday 9:00- 9:50am	Included, \$\$	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
Stretching	Mon/Wed 7:15 – 8:00am	Included, \$\$	A comprehensive stretching program to help release muscle tension and soreness especially in the back and shoulders, as well as reduce the risk of injury. Class Max Size 15/Instructor Sheri
Strong Bodies II	Mon/Wed/ Fri 8:15- 8:55am	Included, \$\$	This fast paced, challenging class will strengthen bones and muscles in effort 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
Swing N Sway	Mon/Wed 11:00- 11:50am	Included, \$\$	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
**Tai Chi/Qigong Beginners	Tues/Fri 3:00- 3:50pm	\$\$	Designed for those with no previous experience with Tai Chi/Qigong. This entry level class will teach all basic movements while building muscle strength and balance. Max Size 15/Instructor Marianne
Mind-Body Fitness	Tues/Fri 4:00- 4:50pm	\$\$	This class focuses on a sitting meditation with a series of very slow, graceful, hand movements. Through total focus and concentration on your breathing, you learn to gradually calm your mind, shut out all the thoughts and emotions that compete for your energy, and focus on yourself-your health and well-being.
Personal Training 1:1	By Request	\$\$	Personal training, supervised exercise, post therapy exercising. Private 1:1 exercise program and training. See front desk for more information.

**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

Aquatic Schedule: January 4 - March 26, 2010

Waterford Health & Fitness Club Aquatic Schedule

Schedule Update: 12/30/2009

All classes and times subject to change

All blank spaces are open swim/pool times

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00am						Open	Open
8:00am	Water Walking 8:00-8:45	**Master Swim 8:00-9:00	Water Walking 8:00-8:45	**Master Swim 8:00-9:00			
9:00am	Flow Motion 9:00-9:50		Flow Motion 9:00-9:50				
10:00am	Splash! 10:00-10:50am		Splash! 10:00-10:50am			Aqua Motion 10:00-10:50am	
11:00am		Arthritis 11:00-11:50		Arthritis 11:00-11:50			
12:30pm	Aqua Balance 12:30-1:20			Aqua Balance 12:30-1:20			
1:30pm							
2:30pm							
3:00pm							
4:00pm							
5:30pm	Aqua Motion 5:30-6:20	Water Volley Ball 5:30-6:30	Aqua Motion 5:30-6:20	Water Volley Ball 5:30-6:30		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.

Winter Aquatic Schedule: January 4 – March 26, 2010

Waterford Health & Fitness Club Aquatic Schedule

Schedule Update: 12/30/2009

All classes and times subject to change

Waterford Health & Fitness Club Schedule

<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
Aqua Balance	Mon/Thurs 12:30- 1:20pm	Included, \$\$	Allows participants who have had a fall or fear of falling, to work on balance & 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 12/Instructor: Cathy
Aqua Motion	Mon/Wed 5:30pm Sat 10:00am	Included, \$\$	Medium to high intensity aquatic aerobic class designed to build strength, develop core, give a great cardio work out and have fun! Max Class Size 20/Instructor: Josh
Arthritis	Tues/Thurs 11:00- 11:50am	Included, \$\$	Arthritis Aquatics is designed to increase motion and muscle strength and to decrease pain due to arthritis or arthritis like conditions. ENDORSED PROGRAM BY THE ARTHRITIS FOUNDATION. Max Class Size 25/Instructor Mark
Flow Motion	Mon/Wed/ 9:00- 9:50am	Included, \$\$	A very low impact, total body workout intended to improve balance, coordination, agility, strength and flexibility. Learn basics of water exercise. Max Class Size 25/Instructor: Andrea
**Master Swim Class	Tues/Thurs 8:00- 9:00am	\$\$	Focusing 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. This class is perfect for you! Instructor-Coach/Sheri
Splash!	Mon/Wed/ 10-10:50am	Included, \$\$	High intensity water aerobic class. Class Max Size 25/Instructor: Andrea
Volley Ball	Tues/Thurs 5:30- 6:30pm	Included, \$\$	Water volley ball.
Water Walking	Mon/Wed 8 – 8:45 am	Included, \$\$	Walking water is adaptable for all fitness levels. Join this class for water walking, water jogging, whatever level suits this. Expect to have your walking techniques improve as well as receive a good cardio work out. Max Class Size 25/Instructor: Andrea
Aqua 1:1	By Request	\$\$	Personal Training, Post Therapy, Supervised Exercise and Private 1:1 exercise available. Please inquire at Member Services.

**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