

Summer Land Schedule June 23-August 29, 2008

Waterford Health & Fitness Club Fitness Schedule

Schedule Date: July 1, 2008

All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00am							
8:00am							
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 and Balance 10:00-10:50	Tai Chi** Level I 10:00-10:50	Posture and Balance 10:00-10:50			
11:00am							
12:00pm	Strong Bodies 12:00-12:50		Strong Bodies 12:00-12:50				
1:00pm							
2:00pm							
3:00pm	Posture and Balance 3:00-3:50		Posture and Balance 3:00-3:50				
4:00pm		Gentle Yoga 4:30-5:30		Gentle Yoga 4:30-5:30			
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

2927 SE Village Loop
Vancouver WA 98683

Waterford Health Fitness Center

360-433-6400

Summer Schedule: June 23 - August 29, 2008

Waterford Health & Fitness Club Fitness Schedule

Schedule date: July 1, 2008

All classes and times subject to change

Waterford Health & Fitness Club Fitness Schedule

<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
ACE	Tues/Thurs 9:00-9:50	Included, \$\$	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.
Posture and Balance	Mon/Wed 3:00-3:50pm or Tues/Thurs 10:00-10:50	Included, \$\$	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. Class maximum 20 per session
Strong Bodies	Mon/Wed 12:00- 12:50pm	Included, \$\$	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. Class maximum 15
**Tai Chi	Mon/Wed 9:00-9:50 and 10:00- 10:50am	\$\$	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. Class maximum 10-15 per session
Gentle Yoga	Tues/Thurs 4:30-5:30pm	Included, \$\$	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.

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

Minimum number of participants needed for all classes

Summer Schedule: June 23 - August 29, 2008

Waterford Health & Fitness Club Aquatic Schedule

Schedule Date: July 1, 2008

All classes and times subject to change

All blank spaces are open swim times

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swim		
7:00am	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Closed	Closed
8:00am							
9:00am	Going with the Flow 9:00-9:50	Smooth Moves 9:00-9:50	Going with the Flow 9:00-9:50	Smooth Moves 9:00-9:50			
10:00am		Deep Dynamics 10:00-10:50		Deep Dynamics 10:00-10:50			
11:00am		Arthritis 11:00-11:50		Arthritis 11:00-11:50			
12:00pm	Master Swim** 12:00-1:00	Open Pool	Master Swim** 12:00-1:00	Open Pool	Open Pool		
1:00pm							
2:00pm	Arthritis 2:00-2:50		Arthritis 2:00-2:50				
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		Close at 7:00		Close at 7:00		Closed	Closed
8:00pm	Close at 8:00	Closed	Close at 8:00	Closed	Close at 8:00	Closed	Closed

**Fee classes for members, small fee applies.

Waterford Health Fitness Center

360-433-6400

2927 SE Village Loop
Vancouver WA 98683

Summer Schedule: June 23 - August 29, 2008

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

Waterford Health & Fitness Club Aquatic Schedule

Schedule Date: July 1, 2008

All classes and times subject to change

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>
Arthritis	Tues/Thurs 11:00-11:50	Included, \$\$	Arthritis Aquatics is designed to increase motion and muscle strength and to decrease pain due to arthritis or arthritis like conditions. Class Size 25 ENDORSED PROGRAM BY THE ARTHRITIS FOUNDATION.
Deep Dynamics	Mon/Wed 8:00 8:50am Tue/Thur 10:00-10:50am	Included, \$\$	This special deep class uses the water to promote healthy vertical movement. The emphasis will be on postural awareness, dynamic stabilization and kinesthetic cuing. Tuesday/ Thursday by Robin Davis. Class size 12
Fun & Fitness	Tues/Thurs 5:30-6:20pm	Included, \$\$	Class incorporates numerous water exercises, water volley ball, class focuses on fun, socialization while getting great exercise. Class size 25
Going with the Flow	Mon/Wed 9:00-9:50	Included, \$\$	A very low impact, total body workout intended to improve balance, coordination, agility, strength, and flexibility. Learn the basics of water exercise. Class size 25
Master Swim Class	Mon/Wed 12-1pm	\$\$	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.
Smooth Moves	Tues/Thurs 9:00-9:50	Included, \$\$	Easy on joints, easy on the muscles, yet beneficial for both. Everyone will be encourage to move an a challenging, individualized comfortable pace.
Adult Swim Lessons	TBD	\$\$	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.
Children's Swim Lessons	Tue/Thur 7:00- 8:00pm	\$45 - 60 per session	Swim Lessons are available to children on Tuesdays and Thursdays. Please inquire at front desk if you know someone that may be interested. Each session includes 8 lessons in 4 weeks.

**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