

Waterford Health & Fitness Club Fitness Schedule

All classes and times are subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am						
9:30 am	*Basic Yoga 9:20	Posture & Balance (Main Building)	*Basic Yoga 9:20	Posture & Balance (Main Building)	9:00-9:30 Water Walking w/Deb	
10:00 am	Basic Water Exercise	Basic Water Exercise	Basic Water Exercise	Basic Water Exercise		
11 am to 1 pm						
2:00 pm						Closed
3:00 pm						Closed
4:00 pm						Closed
4:30 pm			Chair Yoga (Main Building)			Closed
5:00 pm	Circuit Class	*Yoga	Circuit Class	*Yoga		Closed
5:30 pm	Deep Water Exercise	Intermediate Water Exercise	Deep Water Exercise	*Tai Chi Chih (Land)		Closed
				Intermediate Water Exercise		
6:00 pm						Closed
7:30 pm	Closes at 8:00	Closes at 8:00	Closes at 8:00	Closes at 8:00	Closes at 7:00	Closed

**Pre-registration required for these classes*

Please note that the pool closes 15 minutes earlier than actual closing time. This is so that staff can clean and members have enough time to shower and dress.

Exercise Room Hours

Monday thru Thursday, 6:00 am – 8:00 pm

Friday, 6:00 am to 7 pm

Saturday, 8 am to 2 pm

Closed Sundays



Group Exercise Classes

Classes	Days/Times	Fitness Level	Description
Circuit Training	Mon/Wed 5:00-6pm	All Levels	A group of exercises performed one right after the other in the weight room or exercise studio. Designed for muscular and cardiovascular strength / endurance.
Chair Yoga (Main Building)	Wed 4:30-5pm	Basic	Gentle yoga using a chair as an aid, or may be seated throughout the class.
Posture & Balance (Main Building)	Tuesday/Thursday 9:30-10:10am	Basic/Intermediate	Assorted equipment used to engage your core and stabilizer muscles needed for balance.
Basic Yoga	Mon/Wed 9:20 – 9:50am	Basic	Basic Yoga for individuals getting started in Yoga
Yoga	Tues/Thurs 5:00-5:30pm	Intermediate	Based on traditional Yoga principles with an emphasis on fitness and exercise
Tai Chi Chih	Thurs 5:30-6:30pm	All Levels	A series of slow, soft movements that help to circulate energy throughout the body

Water Exercise	Tues/Wed/Thurs 5:30-6:10 PM	Intermediate	Tone your arms, legs, buns and abs while getting the great benefits of a low impact cardio workout. Knowing how to swim is NOT a prerequisite.
Basic Water Exercise	Mon - Thurs 10:00-10:40 AM	Basic	Classes are held in the shallow end of the pool. Knowing how to swim is NOT a prerequisite.
Deep Water Exercise	Mon/Wed 6:10-6:50 PM	Intermediate	No impact! A great workout, where the intensity is increased through the resistance of the water. Using float belts, you power walk or run with enough vertical space so your feet do not touch the bottom..
Water Walking w/Deb	Friday 9:00-9:30 AM	Basic	Water Walking w/Deb – Water walking exercises with Deb Magnuson (Waterford Executive Director)