

Waterford Health Fitness Club

Effective: July 5-August 29, 2010

All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am						Closed	Closed
8:15am	How To...	Deep Water Ex					Closed
9:00am	Int. Water Exercise	Basic Water Exercise	Int. Water Exercise	Basic Water Exercise	Low Impact Water Ex w/Kari		Closed
9:30am	*Basic Yoga 9:20 AM	Posture & Balance	*Basic Yoga 9:20 AM	Posture & Balance	*Basic Yoga 9:20 AM		Closed
10:00am	Basic Water Exercise		Basic Water Exercise		Basic Water Exercise		Closed
10:30am		Session III Fall Proof H2O		Session III Fall Proof H2O			Closed
11:30am							Closed
1:30pm		Swimming Lessons		Swimming Lessons			Open 1:00 PM
2:00pm						Closed	
3:45pm		Intermediate Water Exercise		Intermediate Water Exercise		Closed	
4:00pm						Closed	
5:00pm						Closed	Closed
5:30pm	Tai Chi Chih	Int. Water Exercise		Int. Water Exercise		Closed	Closed
5:30pm	Int. Water Exercise	How to...	Int. Water Exercise			Closed	Closed
6:10pm		Deep Water Exercise		Deep Water Exercise	Closed	Closed	Closed
8:00pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Club Hours - M-Th: 6:00 AM-8:00 PM / Friday: 6:00 AM-7:00 PM / Saturday: 8:00 AM-2:00 PM / Sunday: 1:00-5:00 PM

*Please sign up at the front desk for these classes

Waterford Health & Fitness Club Fitness Schedule

Effective: July 5-August 29, 2010

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Hours of Operation: Monday-Thursday 6am-8pm, Friday 6am-7pm, Saturday 8am-2pm, Sunday 1pm-5pm

<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
Basic Yoga	M/W/F 9:20-9:50 AM	Land All Levels	Basic Yoga for individuals getting started in Yoga. Basic Yoga is based on traditional Yoga principles with an emphasis on fitness and exercise.
Deep Water Exercise	Tuesday 8:15 AM T/Th 6:10-6:40 PM	Water Intermediate	Very Low 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.
Swimming Lessons	T/Th 1:30-2:00 PM	Water All Levels	Small Group Instruction for all levels of swimming skills. Learn basic skills and/or strengthen your current skills. Sign up at the front desk of the Club. Cost - \$25 / 5 Classes - Instructor: Mark Minette (6 person minimum to start class)
Posture & Balance	T/Th 9:30-10:10 AM	Land Basic	Assorted equipment used to engage your core and stabilizer muscles needed for balance.
Tai Chi Chih	Monday 5:30 PM	Land All Levels	A series of slow, soft movements that help to circulate energy throughout the body. Classes will start once we get a minimum of 6 participants signed up. Please sign up at the front desk.
Basic Water Exercise	M/W/F 10:00-10:40 AM T/Th 9:00-9:40 AM	Water Basic	Classes are held in the shallow end of the pool. Knowing how to swim is NOT a prerequisite.
Fall Proof H2O	T/Th 10:30-11:30 AM	Research Project	Open to Waterford Residents and Health Club Members: In partnership with the Center for Successful Aging at California State University, Fullerton, this 12 week research project will focus on balance and stability. This class will have both land and water exercises. Free to all participants.
Intermediate Water Exercise	9:00-9:40 AM M-Th 5:30-6:10 PM	Water 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.
How To...	Monday 8:30 AM Tuesday 5:30 PM	Land All Levels	How To...Class! How To Classes will be scheduled monthly to address certain health related issues that most members are dealing with. Flyers will be posted in the locker rooms of upcoming topics, dates and times. If there is a specific wellness topic that you would like added, please feel free to contact Mark Minette, Club Director or Heather Muscha PT/Aerobic Coordinator.
Low Impact Water Ex. w/Kari	Friday 9:00-9:30 AM	Water Basic	Gentle exercise and stretching w/Waterford's Executive Director Kari Dick. This class will focus on balance, flexibility and functional fitness.
Intermediate Water Exercise	T/Th 3:45-4:30 PM	Water 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.

Minimum of 6 participants needed for all classes