

AQUATIC CLASS DESCRIPTIONS

Welcome To The Bond Wellness Center. To make your workout safe and enjoyable, please:

- Plan to be on time for class. The warm-up prepares you for the more strenuous activity of the workout.
- Not sure if a class is right for you? Ask a staff member or instructor in advance.
- Two person minimum required for a class to run.

- Advise your instructor of special medical considerations that you have.
- **In case of inclement weather, call ahead to check if classes are cancelled. 924-4650**
- If you need to leave class early, please notify the instructor.
- Exercise at your own pace and comfort level.

WATER WORKS – Light to moderate intensity water aerobics performed in your choice of shallow or deep water. Water Works has a dedicated group of regulars that love to meet and greet new members. Enjoy the exercise and the camaraderie. Great for beginners.

LIQUID CHALLENGE – Moderate to high intensity water aerobics performed in the shallow water. Intermediate level movements to the tempo of fast-paced music.

ARTHRITIS * – Exercises designed to increase joint mobility, functional skills, balance and strength. A non-cardiovascular exercise class held in the warm water pool.

PRENATAL AEROBICS ** – A low to moderate exercise class designed especially for the mom-to-be. Dialog among participants is encouraged to build new friendships and to promote well-being during pregnancy!

AEROBICS – Simple, easy to follow continuous cardiovascular water exercise performed in the exercise pool. Can be performed in the shallow end for low impact and in the deep end for no-impact. Beginner to experienced participants welcome!

AQUACISE AND ENERGIZE # - Moderate to high intensity water aerobics performed in either the shallow or deep water. Class taught to fast-paced music. High use of suspended work (requires strength and endurance). Friendly, social environment.

Check us out online at: www.mchwellness.com

BUSY LIVES, PEACEFUL CENTER * – Practice mindful relaxation techniques while surrounded by warm water and calming music. Gentle movements in a stress-free environment.

PHYSICAL REHAB – Pools are reserved during this time for our rehab department but you may check to see if Physical Therapy is occupying the pools. Please respect the Therapist's wishes first before entering the pools or turning on the jets.

LB/LE PT CLASS – Pools are reserved during this time for our rehab department for a lower back, lower extremity rehab class.

AQUATIC ONE-STEP UP # – Bridging the gap between an arthritis and aerobic class, this format is designed to enhance joint mobility and improve cardio-respiratory fitness.

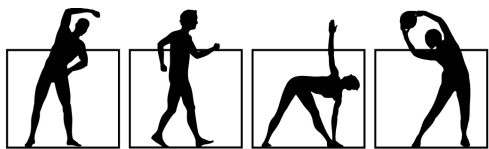
STRENGTH AND STAMINA # – A moderate to high intensity water aerobics class that incorporates strengthening and conditioning of all major muscle groups.

*** Free for members, REGISTRATION REQUIRED. FEE & REGISTRATION REQUIRED FOR NON-MEMBERS. For more information please inquire at the Front Desk.**

**** Fee and Registration required for all participants.**

Fee and registration required for non-members only.

Classes that require registration run on a 6-week schedule with a one-week break in between.



The Bond Wellness Center
Monadnock Community Hospital

Classes effective
 Aug 2 – Sept 17, 2010

Schedule is subject to change.
 Please see white board posted
 between pools for weekly updates.



AQUATICS CLASS SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
EXERCISE	THERAPY	EXERCISE	THERAPY	EXERCISE	THERAPY	EXERCISE	THERAPY	EXERCISE	THERAPY	
7:00 – 7:45 AQUACISE AND ENERGIZE #			7:30 – 8:15 ARTHRITIS *	7:00 – 8:00 AQUACISE AND ENERGIZE #			7:30 – 8:15 ARTHRITIS *	7:00 – 7:45 AQUACISE AND ENERGIZE #		
8:30 – 9:15 AEROBICS			8:30 – 9:15 ARTHRITIS *	8:30 – 9:15 AEROBICS			8:30 – 9:15 ARTHRITIS *	8:30 – 9:30 AEROBICS		
	9:00 – 10:00 LB/LE PT Class				9:00 – 10:00 LB/LE PT Class	* Class requires pre-registration for members. Pre-registration and fee for non-member participants. ** Class requires pre-registration and fee for members and non-members. # Registration and fee for non-members only.			9:00 – 10:00 PHYSICAL REHAB	
	10:00 – 10:45 ARTHRITIS *				10:00 – 10:45 ARTHRITIS *					
		11:00 – 12:00 PHYSICAL REHAB	11:00 – 11:45 ARTHRITIS *		11:00 – 11:45 ARTHRITIS *					11:00 – 11:45 ARTHRITIS *
									1:00 – 2:00 PHYSICAL REHAB	
		1:00 – 1:30 AQUATIC ONE- STEP UP #	1:30 – 2:00 AQUATIC ONE- STEP UP #		2:30 – 3:30 LB/LE PT Class	1:00 -1:30 AQUATIC ONE- STEP UP #	1:30 – 2:00 AQUATIC ONE- STEP UP #		2:30 – 3:30 LB/LE PT Class	
3:00 - 3:45 WATER WORKS				3:00 – 3:45 WATER WORKS				3:00 – 3:45 WATER WORKS		
	4:00 - 4:45 BUSY LIVES, PEACEFUL CENTER *		4:00 - 5:30 PHYSICAL REHAB		4:00 – 4:45 BUSY LIVES, PEACEFUL CENTER *			POOL HOURS Mon-Fri 7a.m.–8 p.m. Sat./Sun. 8 a.m.–3:30 p.m. Open Swim is available weekdays between scheduled classes. 924-4650		
5:00 - 5:45 STRENGTH AND STAMINA *		5:30 – 6:15 LIQUID CHALLENGE		5:00 – 5:45 STRENGTH AND STAMINA *		5:30 – 6:15 LIQUID CHALLENGE				
		6:30 – 7:15 PRENATAL AEROBICS **								