



**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.

**Classes effective April 9, 2012**

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

**Saturday morning class!**

**Move and Groove**

9:15 – 10:00 am

See class descriptions

# AQUATIC 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	
	10:00 – 10:45 ARTHRITIS *				10:00 – 10:45 ARTHRITIS *				
			11:00 – 11:45 ARTHRITIS *		11:00 – 11:45 ARTHRITIS *		11:00 – 11:45 ARTHRITIS *		11:00 – 11:45 ARTHRITIS *
		1:00 – 1:30 AQUATIC ONE- STEP UP *	1:30 – 2:00 AQUATIC ONE- STEP UP *			1:00 -1:30 AQUATIC ONE- STEP UP *	1:30 – 2:00 AQUATIC ONE- STEP UP *		
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 – 4:45 BUSY LIVES , PEACEFUL CENTER *				
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 **			6:30 – 7:30 FINDING CHI				

\* 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.

# 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! Must have Doctor approval on record at BWC.

**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.

**MOVE AND GROOVE** – Moderate intensity water aerobics performed in the shallow water. A choreographed water dance class guaranteed to pick up your spirits while you sweat, smile and splash to better fitness!

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

**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.

**FINDING CHI**— An Ai-Chi style class performed in the warm water. Low lights and soothing music enhance the tranquil environment while slow, smooth patterns of movement are practiced to improve balance and flexibility.

**\* 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.

Find us on Facebook at: [www.facebook.com/#!/BondWellnessCenter](http://www.facebook.com/#!/BondWellnessCenter)