

Bond Wellness Center Aquatic Class Schedule

EXERCISE POOL (84 degree water)					THERAPY POOL (94 degree water)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 7:45 AQUACISE & ENERGIZE Patti	6:30- 7:15 FUN WITH FITNESS Judy	7:00 – 7:45 AQUACISE & ENERGIZE Patti	6:30- 7:15 FUN WITH FITNESS Judy	7:00 – 7:45 AQUACISE & ENERGIZE Patti		7:30-8:15 ONE STEP UP Judy		7:30-8:15 ONE STEP UP Judy	
8:30-9:15 AEROBICS Patti		8:30-9:15 AEROBICS Patti		8:30-9:30 AEROBICS Patti		8:30-9:15 ARTHRITIS Judy		8:30 – 9:15 am ARTHRITIS Traci	
	9:30-10:30 AQUA ZUMBA Sheilla		9:30-10:30 AQUA ZUMBA Sheilla		10:00-10:45 ARTHRITIS Patti		10:00-10:45 ARTHRITIS Patti		
					11:00-11:45 BALANCE AND FLOW Traci	11:00-11:45 ARTHRITIS Traci		11:00-11:45 ARTHRITIS Traci	11:00-11:45 BALANCE AND FLOW Traci
	1:00-1:30 TWO STEPS UP Calvin		1:00-1:30 TWO STEPS UP Traci			1:30-2:00 TWO STEPS UP Calvin		1:30-2:00 TWO STEPS UP Traci	
3:00-3:45 WATER WORKS Calvin		3:00-3:45 WATER WORKS Calvin		3:00-3:45 WATER WORKS Calvin		4:00-4:45 ARTHRITIS Calvin		4:00-4:45 ARTHRITIS Calvin	
5:00-6:00 AQUATIC TABATA Bruce	5:30-6:15 LIQUID CHALLENGE Bruce		5:30-6:15 LIQUID CHALLENGE Bruce					<div style="border: 1px solid black; padding: 5px;"> <p>The last session of FAMILY SWIM (Sat/Sun 12-2p) Will be Sunday April 28</p> </div>	

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.

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. All fitness levels 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.

Mon-Fri 5:30 am-7:30pm | Sat/Sun 7 am-2:30 pm
Open Swim is available weekdays between scheduled classes

AQUA ZUMBA – Splash, stretch, twist in this ‘pool party’ that integrates the Zumba formula with traditional aqua fitness disciplines.

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.

TWO STEPS UP – Thirty minutes of aerobic activity in the exercise pool followed by thirty minutes of stretching and flexibility in the therapy pool.

AQUATIC TABATA - A high intensity water aerobics class designed to improve boost caloric burn in a reduced impact environment. (HIIT: high intensity interval training)

BALANCE AND FLOW - Challenge your balance and improve flexibility and stability by performing graceful and flowing movements in our warm Therapy pool.

FUN WITH FITNESS – Water aerobics performed in both the deep and shallow ends of the pool. The focus of this class is to have fun while exercising. All fitness levels welcome

Friend us on Facebook at:
<http://www.facebook.com/BondWellnessCenter>

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.