

All pool fitness classes are
Drop In and run continuously.
No registration required.

Your life. Your health. *Your Wellness Center.*

Effective March 2019					Aquatic Class Schedule				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 7:45 AQUACISE AND ENERGIZE Patti	6:30- 7:15 FUN WITH FITNESS Judy	7:00 – 7:45 AQUACISE AND ENERGIZE Patti	6:30- 7:15 FUN WITH FITNESS Judy	7:00 – 7:45 AQUACISE AND ENERGIZE Patti		7:30-8:15 1 STEP UP Judy		7:30-8:15 1 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		
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Family Swim : Sat/Sun 12 pm – 2:00 pm </div>					11:00-11:45 BALANCE AND FLOW Traci	11:00-11:45 ARTHRITIS Traci	11:00-11:45 ARTHRITIS Calvin	11:00-11:45 ARTHRITIS Traci	11:00-11:45 BALANCE AND FLOW Traci <i>*begins 3/22</i>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> EXERCISE POOL (84 degree water) </div>					<div style="border: 1px solid black; padding: 5px; display: inline-block;"> THERAPY POOL (94 degree water) </div>				
	1:00-1:30 TWO STEPS UP Calvin	2:30 – 3:30 pm PRESCHOOL: LEARN TO SWIM Terese	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	2:30 – 3:30 pm PRESCHOOL: LEARN TO SWIM Terese	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; display: inline-block;"> Swim* classes run for 6 week sessions. Current class March 19 – April 24, 2019. </div>				
				<div style="border: 1px solid black; padding: 5px; display: inline-block;"> * Fee and registration required. </div>					

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

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. 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.

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. (A 6 week session class)

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. Beginner to experienced participants welcome.

Preschool LEARN TO SWIM- 45 minute learn to swim class for 4-6 year old children in the Exercise pool. Class meets with Swim Instructor twice a week. Class limited to 4 participants. Registration and fee required.

FAMILY SWIM- Exercise pool is open to adult BWC members to enjoy free swim time with kids or grandkids. One guest waiver per BWC family needed on file at Front desk.

NON-TOILET TRAINED CHILDREN MUST WEAR SWIM DIAPER WHEN USING POOL (EVERY TIME)

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.