

# DUBLIN COMMUNITY RECREATION CENTER

## Water Fitness

Winter 2012

(Jan. 2 – Mar. 31)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 8:50 am Legs, Abs & Arms Donna Leisure Pool	8 – 8:50 am Deep Water Fitness Christiane Competition Pool	8 – 8:50 am Legs, Abs & Arms Donna Leisure Pool	8 – 8:50 am Deep Water Fitness Christiane Competition Pool	8 – 8:50 am Legs, Abs & Arms Donna Leisure Pool	8:30 – 9:20 am Shallow Water Donna Competition Pool
9 – 9:50 am Shallow Water Donna Leisure Pool	9 – 9:50 am Shallow Water Fitness Christiane Competition Pool	9 – 9:50 am Shallow Water Donna Leisure Pool	9 – 9:50 am Shallow Water Fitness Christiane Competition Pool	9 – 9:50 am Shallow Water Donna Leisure Pool	9:30 – 10:20 am Deep Water Fitness Donna Competition Pool
9 – 9:50 am Deep Water Fitness Barb Competition Pool		9 – 9:50 am Deep Water Fitness Barb Competition Pool		9 – 9:50 am Deep Water Fitness Barb Competition Pool	
10 – 10:50 am Shallow Water Barb Competition Pool		10 – 10:50 am Shallow Water Barb Competition Pool		10 – 10:50 am Shallow Water Barb Competition Pool	
11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	11 – 11:50 am Arthritis Foundation Program Barb Leisure Pool	11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	11 – 11:50 am Arthritis Foundation Program Barb Leisure Pool	11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	
5:30 – 6:20 pm Water Walking Fitness Aubrey Lazy River	3:40-4:30 pm Teen Water Fitness Donna Leisure Pool	5:30 – 6:20 pm Water Walking Fitness Shannon Lazy River			
6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50 pm Shallow Water Fitness Shannon Leisure Pool	6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50 pm Shallow Water Fitness Shannon Leisure Pool		
	7 – 7:50 pm Deep Water Fitness Shannon Competition Pool		7 – 7:50 pm Deep Water Fitness Shannon Competition Pool		



**Class descriptions on back of page.**



**\*\*Instructors and their style of teaching may vary. Class size may be limited due to space available and available equipment. \*\***

## Water Fitness Class Fees

	DCRC Member	Guest
<b>Trial Pass</b>	\$8.00	\$8.00
<b>10 Class Pass</b>	\$35.00	\$50.00
<b>20 Class Pass</b>	\$50.00	\$65.00
<b>Unlimited Monthly Pass</b>	\$40.00	\$50.00

DCRC Membership is not required to attend classes!

## Water Fitness Class Descriptions

**Arthritis Foundation Aquatic Exercise Program:** The Arthritis Foundation program is designed to safely keep your joints moving and improve your sense of well-being. This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help you gain strength and flexibility. All instructors are certified through the Arthritis Foundation.

**Deep Water Fitness:** You will learn to use the water's resistance and buoyancy to increase muscle tone, endurance, and flexibility. This non-impact environment allows you to protect your joints while building cardiovascular fitness. All participants must know how to swim and feel comfortable in deep water.

**Legs, Abs, and Arms:** Work your abs without putting pressure on your back. Define your muscles by adding the weight and resistance of the water to your workout. This is a total body workout.

**Shallow Water Fitness:** Low-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

**Teen Water Fitness:** Try this fun workout geared just for teens. Enjoy the music as you improve your overall health, physical appearance, self-esteem, and reduce stress. One thing is certain... you will have a blast!

**Water Walking:** Water walking is a great way to exercise while having fun. This instructor-led class is held in the current channel and uses the resistance of the water to build strength. Water shoes are highly recommended.

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