

# DUBLIN COMMUNITY RECREATION CENTER

## Water Fitness

Winter 2014

(Jan. 6 – Mar. 29)

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|--|--|--|--|
| 8 – 8:50 am<br>Legs, Abs & Arms<br>Donna<br>Leisure Pool                   | 8 – 8:50 am<br>Deep Water Fitness<br>Christiane<br>Competition Pool      | 8 – 8:50 am<br>Legs, Abs & Arms<br>Donna<br>Leisure Pool                   | 8 – 8:50 am<br>Deep Water Fitness<br>Christiane<br>Competition Pool      | 8 – 8:50 am<br>Legs, Abs & Arms<br>Donna<br>Leisure Pool                   | 8:30 – 9:20 am<br>Shallow Water<br>Donna<br>Competition Pool       |
| 9 – 9:50 am<br>Shallow Water<br>Donna<br>Leisure Pool                      | 9 – 9:50 am<br>Shallow Water Fitness<br>Christiane<br>Competition Pool   | 9 – 9:50 am<br>Shallow Water<br>Donna<br>Leisure Pool                      | 9 – 9:50 am<br>Shallow Water Fitness<br>Christiane<br>Competition Pool   | 9 – 9:50 am<br>Shallow Water<br>Donna<br>Leisure Pool                      | 9:30 – 10:20 am<br>Deep Water Fitness<br>Donna<br>Competition Pool |
| 9 – 9:50 am<br>Deep Water Fitness<br>Barb<br>Competition Pool              |  | 9 – 9:50 am<br>Deep Water Fitness<br>Barb<br>Competition Pool              |  | 9 – 9:50 am<br>Deep Water Fitness<br>Barb<br>Competition Pool              |  |
| 10 – 10:50 am<br>Shallow Water<br>Barb<br>Competition Pool                 |  | 10 – 10:50 am<br>Shallow Water<br>Barb<br>Competition Pool                 |  | 10 – 10:50 am<br>Shallow Water<br>Barb<br>Competition Pool                 |  |
| 11 – 11:50 am<br>Arthritis Foundation<br>Program<br>Nicole<br>Leisure Pool | 11 – 11:50 am<br>Arthritis Foundation<br>Program<br>Barb<br>Leisure Pool | 11 – 11:50 am<br>Arthritis Foundation<br>Program<br>Nicole<br>Leisure Pool | 11 – 11:50 am<br>Arthritis Foundation<br>Program<br>Barb<br>Leisure Pool | 11 – 11:50 am<br>Arthritis Foundation<br>Program<br>Nicole<br>Leisure Pool |  |
|  |  |  |  |  |  |
| 5:30 – 6:20 pm<br>Water Walking Fitness<br>Judy<br>Lazy River              | 6 – 6:50 pm<br>Shallow Water Fitness<br>Darlene<br>Leisure Pool          | 5:30 – 6:20 pm<br>Water Walking Fitness<br>Donna<br>Lazy River             | 6 – 6:50 pm<br>Shallow Water Fitness<br>Darlene<br>Leisure Pool          |  |  |
| 6 – 6:50 pm<br>Shallow Water Fitness<br>Virginia<br>Competition Pool       | 7 – 7:50 pm<br>Deep Water Fitness<br>Darlene<br>Competition Pool         | 6 – 6:50 pm<br>Shallow Water Fitness<br>Virginia<br>Competition Pool       | 7 – 7:50 pm<br>Deep Water Fitness<br>Darlene<br>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.

**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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