

DUBLIN COMMUNITY RECREATION CENTER

Water Fitness Winter/Spring 2015 (Jan 5 – June 6)

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 Merle 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 Merle 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 Donna G. Lazy River	3:30-4:20p Shallow Water Fitness Donna Leisure Pool	5:30 – 6:20 pm Water Walking Fitness Donna G. Lazy River	3:30-4:20p Shallow Water Fitness Donna Leisure Pool		
6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	7 – 7:50 pm Deep Water Fitness Judy Competition Pool	6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	7 – 7:50 pm Deep Water Fitness Donna Competition Pool		



**No Classes on Monday, May 25
(Memorial Day)**



****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
Trial Pass	\$8.00	\$8.00
10 Class Pass	\$35.00	\$50.00
20 Class Pass	\$50.00	\$65.00
Unlimited Monthly Pass	\$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.

Water Fitness Sign-In Policy:

Class slots are on a first-come, first serve basis. Class capacities are determined by the equipment used, available space, and patron safety. You may sign in for a class 30 minutes beforehand but no later than 10 minutes after the class starts.

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