

# 2016 WATER FITNESS SCHEDULE: Jan 4 - June 4 at Dublin Recreation Center

All classes require either a Water Fitness pass, or single pass. *Classes denoted with a (\*) means the class takes place in deep water.*  
*Classes take place in either the leisure pool or lap pool*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:20a						Boost! - Merle Lap Pool
8:00-8:50a	Early bird Strength & Tone - Donna Gl Leisure Pool	*Do you have a pulse? - Christiane Lap Pool	Early bird Strength & Tone - Donna Gl Leisure Pool	*Do you have a pulse? - Christiane Lap Pool	Aquatic Kicks - Donna Gl Leisure Pool	
9:00-9:50a	Aquatic Mix Up - Donna Gl Leisure Pool	Move it and Lose it! - Christiane Lap Pool	Aquatic Mix Up - Donna Gl Leisure Pool	Move it and Lose it! - Christiane Lap Pool	Aquatic Mix Up - Donna Gl Leisure Pool	
	*White Water Work Out - Barb Lap Pool		*White Water Work Out - Barb Lap Pool		*White Water Work Out - Barb Lap Pool	
9:30-10:20a						*Total Workout / Zero Impact - Merle Lap Pool
10:00-10:50a	Shallow Water Shake Down - Barb Lap Pool		Shallow Water Shake Down - Barb Lap Pool		Shallow Water Shake Down - Barb Lap Pool	
11:00-11:50a	Arthritis Foundation Program - Nicole Leisure Pool	Arthritis Foundation Program - Barb Leisure Pool	Arthritis Foundation Program - Nicole Leisure Pool	Arthritis Foundation Program - Barb Leisure Pool	Arthritis Foundation Program - Nicole Leisure Pool	
3:30-4:20p		Happy Hour Water Aerobics - Merle Leisure Pool		Happy Hour Water Aerobics - Merle Leisure Pool		
5:30-6:20p	River Challenge - Donna Gr Leisure Pool		River Challenge - Donna Gr Leisure Pool			
6:00-6:50p	Kickboxing - Virginia Lap Pool	Cardio Fusion - Donna Gr Leisure Pool	Balls, Bells, Boards, & Noodles - Virginia Lap Pool	Cardio Fusion - Donna Gr Leisure Pool		
7:00-7:50p		*Deep Water Warriors - Judy Lap Pool		*Core and Cardio - Donna Gr Lap Pool		

## Water Fitness Class Descriptions:

**Water Fitness Classes: All Classes require either a Water Fitness pass, or single class pass. Class denoted by (\*) take place in deep water.**

Boost!	Boost your energy, strength, and flexibility in the shallow water workout. Learn how to modify movements, impact levels & intensity using the water along with hand held equipment to increase resistance to reach personal fitness goals.
Early Bird Strength & Tone	An early morning, non-cardio workout, using equipment and water resistance to strengthen and tone muscles.
*Do you have a pulse?	Join this high intensity class that features interval training, core strengthening and endurance exercise in a noncompetitive setting. We promise to raise your heart rate, and have fun in the process. Flotation belts and other equipment is provided.
Aquatic Kicks	A class that combines kickboxing moves with water resistance for a total body workout!
Aquatic Mix Up	A variety of exercise styles to work the total body all while having a blast.
Move it and Lose it!	Shallow water total body workout in a noncompetitive setting that promises to challenge you no matter your level of fitness. On Tuesdays anything goes, on Thursdays we kickbox.
*White Water Work Out	Participants use full body movements to put "motion in the ocean". No class is ever the same.
*Total Work Out / Zero Impact	Experience a cardiovascular and strengthening workout with no impact on your joints. Flotation belts to maintain correct body alignment and hand held equipment to create resistance form the basis for the workout.
Shallow Water Shake Down	50 minutes of stress relief water aerobics--challenging workouts that are never the same and are physically challenging, but leave you rejuvenated and reenergized to take on a busy day!
Arthritis Foundation Program	Program designed to safely keep joints moving and improve your sense of well-being. Class will allow you to exercise without putting excess strain on your joints and muscles. Gentle activities in warm water help you gain strength and flexibility. All instructors are trained and certified through the Arthritis Foundation.
Happy Hour Water Aerobics	Join a fun-filled water workout class that's after school and before dinner. Lose stress through a variety of moves and stretches guaranteed to relieve tension and improve your outlook. Take 50 minutes to get fit and invest in your health
River Challenge	This class strives to improve muscle toning, flexibility, cardiovascular fitness, endurance, build muscle strength while maintaining good posture. The added component is the current in the river which automatically produces resistance.
Kickboxing	Kick, lunge, and punch your way to aerobic fitness. Basic skills are reviewed at the start of each class. Class is good for beginners to experienced participants. All major muscle groups worked. Classes end with abdominal work, toning and stretching.
Cardio Fusion	This class is done in the warmer water leisure pool. Goals are to improve muscle toning, flexibility, help to improve cardiovascular fitness, endurance, and help to build muscle strength while maintaining good posture.
Balls,Bells, Boards, & Noodles	Equipment used in this class varies but equipment is always optional. Class members vary the intensity of the aerobic activities, which use all major muscle groups, to suit their fitness level. Interval work is included. Classes end with abdominal work, stretching and toning.
*Core and Cardio	This class will help to improve balance, muscle toning/strengthening and stretching all major muscle groups while maintaining good posture, joint integrity, and improve cardiovascular fitness.
*Deep Water Warriors	We focus on the 3 components of exercise: Strength, cardio, and flexibility. Each week we use a different piece of equipment. Focusing on core strength to take us through the various postures and range of motions. Emphasis is placed on working your hardest with correct posture and movement patterns.

**Noodles, bars, bells, boards, and balls will be provided in class. Shoes not provided. Gloves available for purchase at Front Desk.**

Passes	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

**No Classes on Monday, May 30, 2016**