



WATER FITNESS SCHEDULE

2021 Winter Break

December 19th through January 2nd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Do you have apulse? Lap Pool		8:10-9:00a Christiane					
Stronger Lazy River/ Leisure	8:00-8:50a Merle		8:00-8:50a Merle				
Aqua Barre Lap Pool							
Morning N Motion Leisure Pool	9:00-9:50a Merle		9:00-9:50a Merle				
Move it or Lose it! Lap Pool		9:10-10:00a Christiane					
*White Water Workout Lap Pool	9:10-10:00a Barb M		9:10-10:00a Barb M				
SWSD Lap Pool	10:10-11:00a Barb M		10:10-11:10a Barb M				
Arthritis Leisure Pool	11:10a-12:00p Nicole	11:10a-12:00p Barb M	11:10a-12:00p Nicole	11:10a-12:00p Barb M			
Happy Hour Leisure Pool		4:00-4:50p Merle		4:00-4:50p Merle			
River Challenge Leisure Pool	4:00-4:50p Barb B		4:00-4:50p Barb B				



Water Fitness Class Descriptions:

Water Fitness Classes: All classes require a Water Fitness pass

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.
Aqua Barre	The perfect blend of yoga, Pilates, and ballet for a total body, aerobic workout in the water! Add body flexibility, increase muscle tone and endurance, and improve balance with small and large range, high repetition movements.
*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.
Happy Hour	Join a fun filled water workout class that's after school and before dinner. Lose stress through variety of moves and stretches guaranteed to relieve tension and improve your outlook.
Morning N Motion	A cardio class with low impact on your joints!
Move it or 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 kick-box.
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.
(SWSD) 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!
(TLC+) Totally Love Cardio + Strength	Let's get movin' in the deep end with a full body, low impact, aerobic workout. Anything is possible while you are suspended with a flotation belt and the music pumpin'. Bring your energy, enthusiasm, and a smile!
*White Water Workout	Participants use full body movements in the deep lanes to put "motion in the ocean". No class is ever the same.
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.

Class denoted by (*) take place in deep water.

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

Pass Type			Inclement Weather Policy
Passes	DCRC	Guest	The Dublin Community Recreation Center (DCRC) facilities will maintain normal operating hours for general recreation unless directed otherwise by the City Manager. In general, DCRC class/activity schedules coincide with Dublin City Schools. Whenever schools are released early, all evening classes at the DCRC are canceled. When school is canceled, all daytime DCRC classes are canceled, and a decision regarding evening classes (those after 4 p.m.) will be made by 2 p.m.
10 Class Pass	\$45.00	60.00	
20 Class Pass	\$70.00	85.00	
Unlimited Monthly Pass	\$50.00	\$60.00	

