

# DUBLIN COMMUNITY RECREATION CENTER

## Water Fitness

Fall 2010

(Sept. 7 – Dec. 30)

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 Darlene 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 Darlene Competition Pool
9 – 9:50 am Deep Water Fitness Barb M. Competition Pool		9 – 9:50 am Deep Water Fitness Barb M. Competition Pool		9 – 9:50 am Deep Water Fitness Barb M. Competition Pool	
10 – 10:50 am Shallow Water Barb K. Competition Pool	11 – 11:50 am H2O Kickboxing Donna Competition Pool	10 – 10:50 am Shallow Water Barb K. Competition Pool	11 – 11:50 am H2O Kickboxing Donna Competition Pool	10 – 10:50 am Shallow Water Barb K. Competition Pool	
11 – 11:50 am Arthritis Foundation Program Barb K. Leisure Pool	11 – 11:50 am Arthritis Foundation Program Jerry Leisure Pool	11 – 11:50 am Arthritis Foundation Program Barb K. Leisure Pool	11 – 11:50 am Arthritis Foundation Program Jerry Leisure Pool	11 – 11:50 am Arthritis Foundation Program Barb K. Leisure Pool	
5:30 – 6:20 pm Water Walking Fitness Aubrey Lazy River	3:30 – 4:20pm Teen Water Fitness Donna Leisure Pool	5:30 – 6:20 pm Water Walking Fitness Aubrey Lazy River	3:30 – 4:20pm Teen Water Fitness Donna Leisure Pool		
6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50 pm Shallow Water Fitness Darlene Leisure Pool	6 – 6:50 pm Shallow Water Fitness Virginia Competition Pool	6 – 6:50 pm Shallow Water Fitness Nancy Leisure Pool		
	7 – 7:50 pm Deep Water Fitness Darlene Competition Pool		7 – 7:50 pm Deep Water Fitness Nancy 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.

**H2O Kickboxing:** Is the ultimate aquatic kickboxing workout. Water Aerobic Kickboxing is one of the hottest new workouts worldwide. It's energizing, powerful, uplifting and a fun and effective way to burn calories and tone your muscles. The water's resistance cushions and slows the explosive aerobic kicks and punches. This not only helps prevent injuries but the added resistance strengthens and tones the muscles for an extremely intense and effective workout.

**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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