

DUBLIN COMMUNITY RECREATION CENTER

Water Fitness

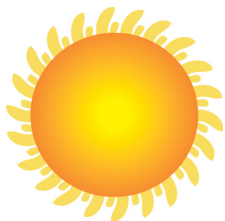
Summer 2011

(June 6th - Aug. 26th, 2011)

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 Donna Competition Pool
9 – 9:50 am Shallow Water Donna Leisure Pool	9 – 9:50 am Shallow Water Christiane Competition Pool	9 – 9:50 am Shallow Water Donna Leisure Pool	9 – 9:50 am Shallow Water Christiane Competition Pool	9 – 9:50 am Shallow Water Donna Leisure Pool	9:30 – 10:20 am Deep Water Fitness Donna Competition Pool
11 – 11:50 am Deep Water Fitness Barb Dublin South Pool		11 – 11:50 am Deep Water Fitness Barb Dublin South Pool		11 – 11:50 am Deep Water Fitness Barb Dublin South Pool	
11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	11 – 11:50 am Arthritis Foundation Program Jerry Leisure Pool	11 – 11:50 am Arthritis Foundation Program Jerry Leisure Pool	11 – 11:50 am Arthritis Foundation Program Jerry Leisure Pool	11 – 11:50 am Arthritis Foundation Program Nicole Leisure Pool	
5:30 – 6:20 pm Water Walking Aubrey Lazy River	6 – 6:50 pm Shallow Water Darlene Leisure Pool	5:30 – 6:20 pm Water Walking Aubrey Lazy River	6 – 6:50 pm Shallow Water Donna Leisure Pool		
6 – 6:50 pm Shallow Water Virginia Competition Pool	7 – 7:50 pm Deep Water Darlene Competition Pool	6 – 6:50 pm Shallow Water Virginia Competition Pool	7 – 7:50 pm Deep Water Donna Competition Pool		

Class descriptions on back of page.

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!

****Instructors and their style of teaching may vary. Class size may be limited due to space available and available equipment. ****

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.

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.

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.

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: Did you know that only 12% of the population can swim 500 yards continuously without stopping but 93% of the population can walk 500 yards continuously without stopping? 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.

Please remember that classes are first-come, first-serve basis. Class capacities are determined by the equipment used, space available space, and patron safety. You may sign up for class 30 minutes beforehand, but no later than 10 minutes after the class starts.

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