

DUBLIN COMMUNITY RECREATION CENTER

Water Fitness Winter 2010 (February 4, 2010)

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

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.

Lunchtime Workouts: Trying to find time to squeeze a workout into your busy schedule? Try a variety of Water Fitness classes Monday thru Thursday at noon.

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.

Teen Water Fitness: Try this fun new 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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