

# Fitness and Aquatics Schedule

## Monday:

- ABCs Balance Class - 9:30 a.m. (FA)
- Water Volleyball - 10:15 a.m. (Pool)



## Tuesday:

- Aqua Fall Prevention - 2:30 p.m. (Pool)
- Quigong - 1:00 p.m. (Recreation Room - \$3.00 fee)



## Wednesday:

- Stretch Flow and Relaxation - 9:30 a.m. (Recreation Room)
- Water Volleyball - 10:15 a.m. (Pool)

## Thursday:

- Fit for Life - 9:30 a.m. (Recreation Room - \$3.00 fee)
- Making Waves - 2:30 p.m. (Pool)

## Friday:

- Water Volleyball - 10:15 a.m. (Pool)
- Cornhole Toss - 2:30 p.m. (Recreation Room)
- Ping Pong - 6:00 p.m. (Recreation Room)



**Fitness Center (Monday - Sunday)**

5:00 a.m. - 11:00 p.m.

**Pool (Monday - Friday)**

9:00 a.m. - 4:00 p.m.

# Fitness at Dock Woods

\* Low Intensity  
\*\* Moderate Intensity

## **ABCs (Agility, Balance, and Coordination)\*\***

This class is designed to help prevent falls and keep you independent for many years to come! We focus on improving balance, gait walking, posture, strength, and flexibility.

## **Aqua Fall Prevention\***

This program is designed to enhance balance, coordination, muscular conditioning, and gait walking. This class will combine hand-eye coordination exercises, walking patterns, and strength training exercises to support you with buoyancy of the water.

## **Cornhole Toss\***

Come out and enjoy a fun game of cornhole! Spend time learning the game and practicing your throw.

## **Fit for Life\*\***

This class features moderate intensity movements and easy-to-follow exercises that focus on strength training, balance, range of motion, and coordination. Come learn simple exercises, get fit, limit pain, and get a total-body workout. Perfect for all fitness levels!

## **Making Waves\*\***

This program will include all water movement patterns, aerobics exercises, and deep breathing that all help enhance cardiorespiratory fitness, circulation, and will help support your bone and joint health.

## **Ping Pong\* - NEW!**

Come out and enjoy a friendly game of ping pong!

## **Stretch Flow and Relaxation\* - NEW!**

This class is a seated class that is designed to relax your mind and renew your body. Concentrating on deep breathing, stretching muscles, moving through smooth, fluid motions, and practicing various relaxation techniques, you will surely leave feeling stress free and restored.

## **Qigong\***

Use smooth, flowing movements to enhance your body, mind, and spirit! Qigong is a series of focused movements accompanied by deep breathing and stretching exercises.

## **Water Volleyball\***

Come and enjoy some friendly competition! This sport is always a great workout.

### **Pricing for 30 minute sessions:**

Personal training	\$ 25
Aqua training	\$ 25
Nutrition consultation	\$ 30

We offer **FREE** fitness center orientations and fitness assessments!

**QUESTIONS?** Contact Mike Hertzler at ext. 44153.

Call the fitness hotline at 50236 for programming, cancellations, or closures.