














JULY 2008

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Therapy Pool	 E Z Motion Sherry		 E Z Motion Sherry		 E Z Motion Sherry		
8:30 AM	Lap Pool	Hydrofit Deanna		Hydrofit Deanna		Member Choice Cathy		
9:00 AM	Therapy Pool		OPEN * to Members		OPEN * to Members			
9:15 AM	Lap Pool	Deep Definition Cathy						
9:30 AM	Lap Pool		 Arthritis Plus Cathy		 Arthritis Plus Cathy			
10:00 AM	Lap Pool		Aquafit Sharon		Aquafit Sharon			
10:00 AM	Therapy Pool	OPEN * to Members	OPEN * to Members	OPEN * to Members	OPEN * to Members	OPEN * to Members		
11:15 AM	Therapy Pool	 E Z Motion Cathy	 Arthritis Basic Cathy	 E Z Motion Cathy	 Arthritis Basic Cathy	 E Z Motion Sharon		
12:00 PM	Therapy Pool		 E Z Motion Cathy		 E Z Motion Cathy			
2:30 pm	Lap Pool							Aquafit Donna
3:00 PM	Therapy Pool	OPEN to Members	OPEN * to Members	OPEN to Members	OPEN * to Members	OPEN to Members		
5:30 PM	Lap Pool	Deep Definition Donna						
5:45 pm	Lap Pool				Hydrofit Donna			

 For Beginners and Mature Members
  Arthritis Foundation approved class
 * Assistance available with entering and exiting the Therapy Pool

Classes, class times, and instructors are subject to change. For the most recent schedules please call the HealthPlex at 570-5433.

Therapy pool is open to members during the week before 8 AM and after 5 PM, as noted above, and on the weekends.
Please call Functional Restoration at 582-1109 with any questions regarding the therapy pool schedule.

OUR CERTIFIED INSTRUCTORS:

Sharon Elder, Supervisor

Sherry Aten

Deanna Chang

Donna Eddleman

Cathy Verduzco

CLASS DESCRIPTIONS

Aquafit: A moderate intensity water aerobics class with cardiovascular benefits as well as muscle strengthening. All levels of fitness are welcome. Class is 60 minutes in length.

Arthritis Plus: Arthritis Foundation approved class to increase flexibility in joints and reduce arthritis pain. Class is 45 minutes in length.

Deep Definition: 30 minutes of deep water training followed by 15 minutes of intense strengthening and toning. Class is 45 minutes in length.

E-Z Motion: A warm-water class designed to be a step above Arthritis Plus classes. Class incorporates gloves, dumbbells, and various equipment. Class is 45 minutes in length.

Hydro Fit: Cardiovascular class at a moderate intensity for 45 minutes.

Supervised Therapy Session: An hour in the Therapy Pool supervised by a fitness staff member to provide assistance to members transferring in and out of the pool. Although not a formal class, staff members will assist with exercise equipment and exercise execution.

Water Yoga: Standing Yoga poses to strengthen and relax the body. Class is 45 minutes in length.