



# THE BECOMING CENTER

## FALL 2021 POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Open Swim</b> 6:30 – 8:00 <b>H2O Aerobics</b> 9:00–9:55 Barbara <b>H2O Aerobics</b> 10-10:55 Barbara <b>H2O Aerobics</b> 11–11:55 Maria <b>Open Swim</b> 12:00 – 1:00 <b>H2O Aerobics</b> 1:00–1:55 Genie <b>Open Swim</b> 2:00 – 6:00	<b>Open Swim</b> 6:30 – 8:45 <b>H2O Aerobics</b> 8:45-9:30 Maria <b>H2O Tai Chi</b> 9:40–10:25 Maria <b>Arthritis Basics</b> 10:30–10:55 Cindy <b>Open Swim</b> 11:30 – 1:30 <b>Open Swim</b> 2:30 – 6:00	<b>Open Swim</b> 6:30 – 8:00 <b>H2O Aerobics</b> 9:00–9:55 Linda <b>H2O Aerobics</b> 10–10:55 Linda <b>H2O Aerobics</b> 11–11:55 Linda/Maria <b>Open Swim</b> 12:00 – 1:00 <b>H2O Aerobics</b> 1:00–1:55 Genie <b>Open Swim</b> 2:00 – 6:00	<b>Open Swim</b> 6:30 – 8:45 <b>H2O Aerobics</b> 8:45-9:30 Genie <b>H2O Tai Chi</b> 9:40–10:25 Genie <b>Arthritis Basics</b> 10:30–10:55 Linda <b>Open Swim</b> 11:30 – 1:30 <b>Open Swim</b> 2:30 – 6:00	<b>Open Swim</b> 6:30 – 8:00 <b>H2O Aerobics</b> 9:00–9:55 Cindy <b>H2O Aerobics</b> 10:00–10:55 Cindy <b>Open Swim</b> 11:00 – 1:00 <b>H2O Aerobics</b> 1:00–1:55 Barbara <b>Open Swim</b> 2:00 – 6:00	<b>Open Swim</b> 8:00 – 9:00 <b>H2O Aerobics</b> 9–9:55 Genie/Maria <b>Open Swim</b> 10:00 – 11:30

## FALL 2021 LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 10:00   Jane <b>SS Classic</b> 11:00   Jane	<b>Yoga</b> 8:45   Anina <b>Dance Cardio</b> 10:00   Anina	<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 10:00   Lucie <b>SS Classic</b> 11:00   Lucie	<b>Yoga</b> 8:45   Anina <b>Dance Cardio</b> 10:00   Anina	<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 10:00   Kim <b>SS Classic</b> 11:00   Kim

### HOURS OF OPERATION:

- Monday – Friday: 6:30 am – 6:30 pm
- Saturday & Sunday: 8:00 am – 12:00 pm

\*\*\*Please note that the pool closes 30 minutes prior to closing times\*\*\*

# CLASS DESCRIPTIONS

## POOL CLASSES

**Arthritis Basics:** Beginner Level class with no \*White Water\*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

**H2O Aerobics:** A moderate to high intensity aquatic aerobics class ending with arthritis range of motion exercises as a cool down.

**H2O Tai Chi:** A program with gentle rhythmic movements that promote balance, coordination, flexibility, range of motion and a feeling of well-being, with breathing, meditation and relaxation techniques.

## LAND CLASSES

**Strength Circuit:** Components of strength and conditioning are used in a fun group setting to strengthen your upper body, lower body, core, increase flexibility, and improve cardiovascular health.

**Cardio Interval:** Have fun in this high energy low impact cardio class mixed with intervals of weight training using a variety of equipment - Hand Weights, Body Bars, Exer-Tubes, etc.

**Silver Sneakers Classic®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**Yoga:** 50 minutes of yoga which focuses on using breath to flow from one pose to another. Challenge options for improving strength and balance are provided. All levels welcome. Basic knowledge of yoga poses preferred.

**Dance Cardio:** Class will include 5-10 minute warm, 35 mins dancing followed by 5-10 minute cool down. Dance moves are taught 4 steps at a time. Both fast and slow songs (high and low impact options). No choreography to memorize, movement is driven by the music. Students encouraged to suggest dance songs and dance moves for the classes.