



THE BECOMING CENTER

POOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|---|
| Open Swim 6:30 – 8:00 H2O Aerobics 9:00–9:55 Barbara H2O Aerobics 10-10:55 Barbara H2O Aerobics 11-11:55 Maria Open Swim 12:00 – 1:00 H2O Aerobics 1:00–1:55 Genie Open Swim 2:00 – 6:00 | Open Swim 6:30 – 8:45 H2O Aerobics 8:45-9:30 Maria H2O Tai Chi 9:35–10:20 Maria Arthritis Basics 10:30–11:25 Cindy Open Swim 11:30 – 1:30 Open Swim 2:30 – 6:30 H2O Aerobics 6:45-7:45 Linda | Open Swim 6:30 – 8:00 H2O Aerobics 9:00–9:55 Linda H2O Aerobics 10–10:55 Linda H2O Aerobics 11-11:55 Linda/Maria Open Swim 12:00 – 1:00 H2O Aerobics 1:00–1:55 Genie Open Swim 2:00 – 6:00 | Open Swim 6:30 – 8:45 H2O Aerobics 8:45-9:30 Genie H2O Tai Chi 9:35–10:20 Genie Arthritis Basics 10:30–11:25 Linda Open Swim 11:30 – 1:30 Open Swim 2:30 – 6:30 H2O Aerobics 6:45-7:45 Linda | Open Swim 6:30 – 8:00 H2O Aerobics 9:00–9:55 Cindy H2O Aerobics 10:00–10:55 Cindy Open Swim 11:00 – 1:00 H2O Aerobics 1:00–1:55 Barbara Open Swim 2:00 – 6:00 | Open Swim 8:00 – 9:00 H2O Aerobics 9–9:55 Genie/Maria Open Swim 10:00 – 11:30 |

LAND CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| Strength Circuit 8:45 Don Cardio Interval 10:00 Jane SS Classic 11:00 Jane | Yoga 8:45 Carol Chair Yoga 10:00 Carol | Strength Circuit 8:45 Don Cardio Interval 10:00 Lucie SS Classic 11:00 Lucie | Yoga 8:45 Carol Chair Yoga 10:00 Carol | Strength Circuit 8:45 Don Cardio Interval 10:00 Kim SS Classic 11:00 Kim |

HOURS OF OPERATION:

- Monday, Wednesday, Friday: 6:30 am – 6:30 pm (**Please note that the pool closes 30 minutes prior to closing time)
- Tuesday & Thursday: 6:30 am – 8:00 pm
- Saturday & Sunday: 8:00 am – 12:00 pm (**Please note that the pool closes 30 minutes prior to closing time)

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.