

THE BECOMING CENTER

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 6:30 – 8:00 Pool Closed (PT) 8:00 – 9:00 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 – 8:40 H2O Aerobics 8:45-9:30 Maria H2O Ai Chi 9:35–10:20 Maria Arthritis Basics 10:30–11:25 Cindy Open Swim 11:30 – 1:30 Pool Closed (PT) 1:30 – 2:30 Open Swim 2:30 – 6:30 H2O Aerobics 6:45-7:45 Linda	Open Swim 6:30 – 8:00 Pool Closed (PT) 8:00 – 9:00 H2O Aerobics 9:00–9:55 Linda H2O Aerobics 10-10:55 Linda 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 – 8:40 H2O Aerobics 8:45-9:30 Genie H2O Ai Chi 9:35–10:20 Genie Arthritis Basics 10:30–11:25 Linda Open Swim 11:30 – 1:30 Pool Closed (PT) 1:30 – 2:30 Open Swim 2:30 – 6:30 H2O Aerobics 6:45-7:45 Linda	Open Swim 6:30 – 8:00 Pool Closed (PT) 8:00 – 9:00 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 <div style="background-color: #0056b3; color: white; text-align: center; padding: 5px;">SUNDAY</div> Open Swim 8:00 – 11:30

LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength Circuit 8:45 Don Cardio Interval 9:45 Jane Mat Pilates 10:45 Jane	Yoga 9:00 Aubrey TaijiFit (In Chapel) 9:15 Cindy Meditation 10:00 Aubrey Chair Yoga 11:00 Aubrey	Strength Circuit 8:45 Don Cardio Interval 9:45 Jane SS Classic 10:45 Jane	Yoga 9:00 Mary Beth TaijiFit (In Chapel) 9:15 Cindy Chair Yoga 10:00 Mary Beth	Strength Circuit 8:45 Don Cardio Interval 9:45 Kim SS Classic 10:45 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 Ai Chi: Ai Chi uses gentle slow movements in progression and mental focus on flowing movement of the body and balance. Body posture, movements of Life energy, balance and meditation. It is a combination of Gigong, Tai Chi and balance for healthful living.

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.

Mat Pilates: This beginner pilates class will include light weights and equipment. Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs. Standing balance exercises will be sometimes be incorporated at the end of class.

TaijiFit: combines the best elements of fitness, meditation, and the ancient art of Taiji (Tai Chi). This workout connects the Mind and Body in what is called FLOW. It is Movement Meditation. It helps improve balance, mobility, endurance, flexibility, breathing and coordination in a gentle way.