

# THE BECOMING CENTER

## POOL SCHEDULE

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

## LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 9:45   Jane <b>Mat Pilates</b> 10:45   Jane	<b>Yoga</b> 9:00   Aubrey <b>TaijiFit</b> (In Chapel) 9:15   Cindy <b>Meditation</b> 10:00   Aubrey <b>Chair Yoga</b> 11:00   Aubrey	<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 9:45   Jane <b>SS Classic</b> 10:45   Jane	<b>Yin Yoga</b> 9:00   Aubrey <b>TaijiFit</b> (In Chapel) 9:15   Cindy <b>Chair Yoga</b> 10:00   Aubrey	<b>Strength Circuit</b> 8:45   Don <b>Cardio Interval</b> 9:45   Kim <b>SS Classic</b> 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)

Updated 4/1/25

250 N Bethlehem Pike Ambler, PA 19002

[www.becomingcenter.org](http://www.becomingcenter.org)

215-643-9908

# 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.