



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 – 1:30

LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength Circuit 8:45 Don Cardio Interval 9:45 Scotty Yoga Sculpt 5:30 Scotty	Yoga 9:00 Scotty TaijiFit (In Chapel) 9:15 Cindy Meditation 10:00 Scotty Chair Yoga 11:00 Scotty	Strength Circuit 8:45 Don Cardio Interval 9:45 Scotty Movement is Medicine 10:45 Joe	TaijiFit (Yoga Room) 9:15 Cindy Yoga 10:00 Scotty Chair Yoga 11:00 Scotty Yoga Sculpt 5:30 Scotty	Strength Circuit 8:45 Don Movement is Medicine 9:45 Joe

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 – 2:00 pm (**Please note that the pool closes 30 minutes prior to closing time)

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.

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.

Yoga Sculpt: A fiery blend of yoga flow and strength training. Expect light weights, bursts of cardio, and breath-led movement that tones, strengthens, and energizes. Perfect for kicking off your week with power and sweat.

Fusion Flow: blends gentle yoga-inspired movement with strength and light cardio to improve flexibility, balance, and total-body fitness. This flowing, low-impact class is adaptable each week, allowing participants to move at their own pace while building strength, boosting energy, and feeling more connected to their bodies.

Movement is Medicine: is a thoughtfully designed class that builds strength, improves cardiovascular health, and enhances balance and mobility to support everyday life. Each session blends functional movement and corrective exercise, with weekly programming adjusted to meet the needs, goals, and feedback of participants—so everyone can move better, feel stronger, and stay confident.