

# GROUP EXERCISE @ DON RODENBAUGH NATATORIUM

**AEROBIC PUNCH CARDS:** Not sure what aerobic classes are most beneficial to your needs? You're in luck! Don Rodenbaugh Natatorium offers Punch Cards that allow you to participate in any 12 water or land aerobic classes of your choice at whatever times you chose. Membership is not required to participate in aerobic classes and punch cards never expire!  
\*Must be 16+ to participate in City of Allen aerobics classes.

**MEMBERS: \$39**

**NON-MEMBERS: \$51**

**SILVER SNEAKERS:** Silver Sneakers classes are free to Silver Sneakers Members. Non-Silver Sneakers Members can attend with an aerobic punch card.

LAND CLASSES			WATER CLASSES		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00-9:55 AM <b>TOTAL FITNESS SHALLOW</b> Marsha
6:00-7:00AM <b>MORNING MIX-UP</b> Karen		6:00-7:00AM <b>MORNING MIX-UP</b> Karen		6:00-7:00AM <b>MORNING MIX-UP</b> Karen	8:30-9:30AM <b>YOGA</b> Phyllis
					10:00-11:00 AM <b>TOTAL FITNESS DEEP</b> Marsha
7:30-8:30 AM <b>MAKING WAVES</b> Karen	8:00-8:50 AM <b>SILVER SNEAKERS: CARDIO</b> BJ	7:30-8:30 AM <b>MAKING WAVES</b> Karen	8:00-8:50 AM <b>SILVER SNEAKERS: CIRCUIT</b> BJ	7:30-8:30 AM <b>MAKING WAVES</b> Karen	10:15-11:00 AM <b>CORE ENDURANCE</b> Gerri
	8:45AM-9:30AM <b>DEEP WATER ENERGY</b> Linda		8:45AM-9:30AM <b>DEEP WATER ENERGY</b> Linda		
9:15-10:00AM <b>SILVER SNEAKERS: CLASSIC</b> Dawn	9:00-10:00 AM <b>YOGA</b> Sarita	9:00-10:00 AM <b>SILVER SNEAKERS: CLASSIC</b> Marsha	9:00-10:00 AM <b>YOGA</b> Sarita	9:00-10:00 AM <b>SILVER SNEAKERS: CLASSIC</b> Kelly	
9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.		9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.		9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.	
9:20-10:10 AM <b>FUNCTIONAL FITNESS</b> Lana S.		9:20-10:10 AM <b>FUNCTIONAL FITNESS</b> Lana S.		9:20-10:10 AM <b>FUNCTIONAL FITNESS</b> Lana S.	
10:15-11:15 AM <b>BODY BLAST</b> Lana H.	10:15-11:15AM <b>CHAIR YOGA</b> Phyllis	10:15-11:15 AM <b>BODY BLAST</b> Lana H.	10:15-11:10 AM <b>TAI CHI</b> Carole	10:15-11:15 AM <b>BODY BLAST</b> Lana H.	2:30PM-3:30PM <b>TOTAL FITNESS DEEP</b> BJ
10:15-11 :00AM <b>SILVER SNEAKERS: SPLASH</b> Linda		10:15-11 :00AM <b>SILVER SNEAKERS: SPLASH</b> Kelly	11:15AM-12:15PM <b>TAI CHI 64-MOVE</b> Carole	10:15-11 :00AM <b>SILVER SNEAKERS: SPLASH</b> Linda	3:00-3:45PM <b>MAMASTE</b> Marcie
11:15 AM-12:00 PM <b>PILATES</b> Lana H.	11:30 AM-12:30 PM <b>POWER SPLASH</b> Linda	11:15 AM-12:00 PM <b>PILATES</b> Lana H.	11:30 AM-12:30 PM <b>POWER SPLASH</b> Linda	11:15 AM-12:00 PM <b>ZUMBA</b> Lana H.	4:00-5:00PM <b>SLOW FLOW</b> Marcie
	11:45 AM-12:45 PM <b>MOVING REALLY MATTERS</b> Karen P.		11:45 AM-12:45 PM <b>MOVING REALLY MATTERS</b> Karen P.		
12:15-1:00 PM <b>DEEP WATER LUNCH</b> Linda		12:15-1:00 PM <b>DEEP WATER LUNCH</b> Linda		12:15-1:00 PM <b>DEEP WATER LUNCH</b> Lana H.	
12:15-1:15 PM <b>ZUMBA</b> Lana H.		1:00-2:00PM <b>YOGA THERAPY</b> Tung		12:15-1:15 PM <b>TGIF YOGA</b> Honey	
2:00-3:00PM <b>YOGA FOR WEIGHT LOSS</b> Tung		6:00 PM-6:50 PM <b>YOGA</b> Gerri		6:00-6:50PM <b>BARRE</b> Phyllis	
6:00-6:50 PM <b>BODY SCULPT</b> Gerri	6:30-7:30 PM <b>RIVER ROBICS</b> Ginger			6:30-7:30 PM <b>RIVER ROBICS</b> Ginger	
7:00-8:00 PM <b>DEEP WATER CHALLENGE</b> Karen		7:00-8:00 PM <b>DEEP WATER CHALLENGE</b> Karen		7:30-8:15PM <b>YOGA REST</b> Anne	



# CLASS DESCRIPTIONS

## Land Classes

**BODY BLAST.** 60 minutes of dynamite strength training for all major muscle groups. Each body part is blasted for 5 minutes using weights, tubing, and weighted bars.

**BODY SCULPT.** The high energy, fully packed 50 minute session will work your upper and lower body using weights, bands, steps, and floor exercises.

**CORE ENDURANCE.** Low impact exercises on the mat that develop long, lean muscles. A focus on position and alignment will get you big results in limited time!

**PILATES.** Increase torso strength and stabilization with mat exercises aimed at lengthening muscles rather than creating bulk. Flexibility will also improve as you focus and breathe in this balanced regimen.

**SILVER SNEAKERS: CIRCUIT.** Increase cardiovascular and muscle endurance with a high-energy workout. You'll use hand held weights, elastic tubing with handles, and the Silver Sneaker balls to increase strength. This multi-level workout is alternated with non-impact aerobics and stretching.

**SILVER SNEAKERS: CARDIO.** A class for active, older adults who desire a safe and effective low-impact cardio workout. Includes a variety of easy to follow movements geared towards increased strength and muscular endurance.

**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 and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**TGIF YOGA.** The perfect way to start your weekend is with this Hatha yoga class practicing gentle-flow style positions of moderate intensity.

**BARRE.** This is a total body workout combining yoga, Pilates and ballet techniques that focuses on conditioning and toning the entire body using light weights and props. This workout is designed to increase muscular endurance, stamina, flexibility, balance, core strength and improve overall posture.

**YOGA.** Participants will improve balance and concentration in a non-competitive atmosphere. Relaxation and breathing techniques will help reduce stress and promote well-being. Bring a yoga mat!

**ZUMBA.** Zumba fuses latin rhythms with easy-to-follow moves to create a dynamic fitness program that will blow you away. Zumba fanatics achieve long term health benefits while having an absolute blast in one exhilarating hour.

**TAI CHI.** This beginner class is uniquely designed for individuals who may be suffering from arthritis or associated pain discomfort. Come out and enjoy these slow movements that help focus the mind to help bring about a state of mental clarity, stress management and health benefits!

**CARDIO ENERGY** Using the step or bosu for cardio intervals, intersped with segments of strength training using weights, resistance bands functional movements and kickboxing movements.

**MAMASTE.** Child and parent will safely enjoy yoga poses specifically designed and sequenced for them! Child must be 4 y/old to attend.

## Water Classes

**DEEP WATER CHALLENGE.** This full-body workout targets core strength, cardiovascular endurance, muscular toning and balance. Buoyancy belts are used for deep-water flotation and safety.

**DEEP WATER LUNCH.** This is a perfect class for those looking for a high intensity cardio lunch express workout. Class is filled with a variety of exercises sure to get your adrenaline going.

**DEEP WATER MIX.** This fun-filled deep water class includes the use of flotation belts and water noodles. You will hop, run, leap, and bicycle kick to upbeat music. Add strength training with buoy's and noodles to add resistance and get a total body workout!

**FUNCTIONAL FITNESS.** Perfect for beginners looking for a fun shallow water class. An introduction to a variety of exercises adapted to a low-impact water environment to improve flexibility and overall conditioning.

**MORNING MIX-UP.** Wake up with this energized total body workout! This class uses the unique proprieties of the lazy river, shallow and deep water to build core strength cardiovascular endurance, muscle tone and balance. Buoyancy belts used for safety during deep water work-outs.

**MOVING REALLY MATTERS.** A low-to-moderate intensity water class improving strength, endurance, flexibility and balance. This class will benefit those experiencing arthritis, chronic joint/muscle pain, autoimmune diseases, injury recovery/rehab, or other physical challenges. This class is FREE for DR Natatorium, Senior Center, and Silver Sneakers members. There is a \$3 drop-in fee for anyone else who wants to attend.

**POWER SPLASH.** This advanced, deep water class features more intense cardio work than our regular classes. Strength training is emphasized with the use of resistance equipment. Build strength with low impact!

**RIVER ROBICS.** This class utilizes the force and resistance of our popular lazy river for a challenging cardio and body-toning workout. Use equipment such as noodles and buoys to enhance your workout. All fitness levels will enjoy this class.

**DEEP WATER ENERGY.** This energizing class will keep you engaged by performing exercises that help with cardiovascular endurance, resistance and stabilization training.

**SILVER SNEAKERS: SPLASH.** This class utilizes the physical properties of water to enhance agility, range of motion and cardio conditioning. Instructors will choreograph "water moves" with the Silver Sneaker kickboard to develop strength, balance, and coordination.

**TOTAL FITNESS DEEP.** Designed to accommodate intermediate to advanced individuals seeking to target core stabilization, muscular balance, and endurance. Class includes cardio and strength interval training while wearing flotation belts.

**TOTAL FITNESS SHALLOW.** Build cardiovascular endurance as you splash around in the Leisure Pool. Perfect for anyone who doesn't like deep water! All ability levels welcome.

**MAKING WAVES.** Start your day with this energizing workout emphasizing core stability, muscle strength and flexibility, cardio endurance and balance. Exercises and activities may be adjusted to support individual fitness levels and physical issues.

**DON RODENBAUGH NATATORIUM**

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