

# Don Rodenbaugh Natatorium LAND Aerobic Class



## Descriptions

- **To The Core-(non-punch card class)** Take part in a great core workout, in just 30 minutes a day you'll get a fun filled packed full body workout. Classes consist of different exercises targeting the chest, arms, legs, abdominal muscles and stretches. First class is FREE!
- **Boot Camp-(non-punch card class)** - Today, we offer this class to strengthen your core, build endurance, and teach proper living styles to maintain your improved body. All fitness levels are welcome.
- **Studio Cycling-**This class is designed to accommodate many different fitness levels. Studio cycling is great for the person that wants to be pushed beyond their normal routine. You're sure to get hooked! This class is limited to 10 people. Pre-registering is recommended!
- **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.
- **Yoga -** Participants will improve balance and concentration in a non-competitive atmosphere. You will learn relaxation and breathing techniques that will help reduce stress and promote well being. The strength segment will use small hand weights and other types of resistance equipment. Please bring a yoga sticky mat.
- **Saturday Yoga-** Increase body tone and flexibility by focusing on core strength and mind/body connections. This form of Vin Yasa yoga increases circulation, strengthens the immune system, and increases overall vitality.
- **Pilates-** Increase flexibility, core strength, and stabilization. This is a great class for thinning out your mid-section. You will need a yoga sticky mat.
- **Baby Boot Camp- (non-punch card class)**-Baby Boot Camp is a pre and postnatal **fitness program** that allows you to spend time **with your baby** and other moms in a fun, friendly environment! Baby Boot Camp is a full cardio and strength training class that incorporates exercises from weight lifting, Pilates and yoga. This class teaches **functional exercises** to help moms gain strength, burn calories, correct muscular imbalances, improve posture and feel good! Get the benefits of a **personal trainer, a mom's group and a great workout all in one!**
- **Silver Sneakers-** This is a FREE class to Silver Sneaker and Natatorium Members. A variety of support positions using a chair, light hand weights, balls, and resistance bands are introduced to increase strength and range of movement conditioning exercises. For members and SilverSneaker Members only!
- **\*New\*Silver Sneakers CardioFit-** It's the newest SilverSneaker class on the block. The class will be for active older adults who desire a safe and effective low-impact cardiovascular workout. The class will include a variety of easy to follow movements geared toward conditioning improvements to increase cardiovascular strength and muscular endurance. STARTS JUNE 2009! Class is Free and only for Members and SilverSneaker Members.
- **NEW - Small Group Personal Training -** In Small-Group PT, you can lose inches and increase strength while sharing the cost of personal trainer. A nationally certified trainer will teach you proper exercise form then custom design your exercise routine and meal plan to fit your individual goals, time constraints and physical abilities. The small class size ensures you get the most attention and accountability at the best price.
- **NEW - Free Weight Room Orientation-**This is a FREE class to members offered on the first Sunday of every month. You'll receive a 'Free Weight' weight room orientation. This is for those who want to learn proper form as well as learn how to use dumbbells, pulleys, leg press, etc. in the free weight room. Class is taught by our certified personal trainer Adam Napper.
- **Tap and Jazz for ages 5 – 10 (non-punch card class)-** An upbeat combo class taught by a certified and experienced dance and music teacher. During this session children will be taught tap and jazz which over time will enhance their skills, improve coordination, and at the same time have fun.

**Punch Card Prices:** \$45 Members/ \$51 Non-Members for any 12 classes at any time you want!

# Don Rodenbaugh Natatorium WATER Aerobic Class



## Descriptions



### WATER

- **Master Swim-(non-punch card class)-** Instruction will be given concerning the four basic competitive strokes: butterfly, backstroke, breast stroke and freestyle. Come for fun, exercise, and some great training from an experienced coach!
- **Morning MixUp-** Wake up with this energizing total body workout! The class uses the unique properties of the lazy river, shallow water and deep water to build core strength, cardiovascular endurance, muscle tone and balance. Note: Buoyancy belts are used for safety during deep-water workout. All fitness levels welcome!
- **Shallow Water Works-**Come on in and try jogging, lunges, frog hops, jumping jacks, and cowboy kicks in moving water. This class is geared for the young at heart.
- **Deep Water Aerobics-** This fun filled class uses floatation belts or noodles while you run, hop, leap, skip, and ski your way into better shape to lively music. You can also use training buoys and noodles to add resistance to get a total body workout!
- **Deep Water Mix-**This deep water class includes the use of flotation belts and water noodles. You will hop, run, leap, ski, and bicycle to upbeat music. Add strength training with buoy's and noodles for a total body workout.
- **Total Fitness (Shallow)-** Build cardiovascular endurance as you splash around in the Leisure Pool at the Natatorium. This class is perfect for anyone who doesn't like deep water! All ability levels welcome.
- **Total Fitness (Deep Water)-**This class includes performing cardio and strength interval training. Deep water fitness targets core stabilization, muscular balance, & endurance.
- **Functional Aqua Fitness-** Enjoy a fun workout using noodles and kickboards to increase your strength, flexibility, and cardiovascular system. Appropriate for all ages. Beginners-intermediate levels welcome!
- **River Robics (Shallow)-**This class is held in our popular lazy river. The combination of cardio training and upper body resistance works to maximize your strength and endurance.
- **Deep Water Lunch Express-**If you are already familiar with deep water aerobics and you want a high intensity workout then this is your class. Class duration is 45 minutes.
- **Low-Down Aqua Plunge-** Low impact, medium intensity class perfect for those with muscle or joint issues, pre/post-natal moms, post-op recovery, weight management and anyone who wants to build cardio and muscular strength, endurance and flexibility through a body-friendly, shallow water workout! Note to Pre-Natal moms: please bring a release note from your doctor to the first class.
- **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. Get the results you want in this challenging, fun-filled class! All fitness levels welcome.
- **SilverSplash®-**is Healthways NEW older adult group water fitness program designed to enhance each individual's quality of life and daily function. SilverSplash utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning. Instructors will choreograph "water moves" with the SilverSneakers kickboard to develop strength, balance and coordination for a format that is safe, fun and effective. No swimming ability is required for SilverSneakers participants to get wet, be strong and meet new friends in SilverSplash! This class is FREE and offered to Don Rodenbaugh Members as well as SilverSneaker Members.
- **\*New\* H2O Works with Babies Too -** This is a 45 minute class with a 30 minute water workout for Mom or Dad focusing on aerobic conditioning all the while having your baby at your side. The other 15 minutes will be used as an exploration class taught by an American Red Cross instructor to make your child more comfortable in and around an aquatics environment so that they are ready to learn to swim at a later age. \*Please note that a parent or caregiver must be in the water at all times. Floatation devices will be provided for the children during the aerobic section.
- **\*NEW\* NART – Nelson Aquatics Resistance Training -\*(non-punch card class)** NART is a program designed for athletes but used by people of all ages. Students perform leg/arm exercises in chest-deep water including walking, running, jumping, lifts, and more. This water resistance training program helps athletes of all ages improve their strength, flexibility, cardiovascular endurance, and speed in addition to helping injured players recover.

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