

Adult Aquatics at Borgess

APRIL – AUGUST 2010

Call 269.226.8135 or visit wellness.borgess.com to register for all adult aquatics courses. All classes are held at Borgess Health & Fitness Center.

Adult Swim Instruction

We help you master your fears and learn basic swim skills. Cost \$48, BHFC member \$36.

Beginner: Tu: 7:30-8:10 p.m.
April 27-June 15 or June 22-August 10

Intermediate: Th: 7:30-8:10 p.m.
April 29-June 17 or June 24-August 12

All-Out Cardio

This intense water workout is guaranteed to make you work. The basic components of this class include a warm up, pre-stretch, cardiovascular workout, muscle toning and post-stretch. Cost \$56, BHFC members do not need to register.

M & W: 5:30-6:20 p.m.
April 26-June 16 (no class 5/31, Cost \$53)
June 21-August 11

Aquatic Functional Fitness

A gentle post-therapy class in our warm water pool for people needing an individualized approach to exercise to improve independence and function in their daily lives. Call 269.552.2358 for information. Cost \$48, BHFC member \$21.

Tu & Th: 2:00-3:00 p.m.
April 27-June 17 or June 22-August 12

Back On Track

A gentle post-therapy class in our warm water pool to improve flexibility, strength, balance and endurance. Cost \$48, BHFC member \$21.

M & W: 10:10-11:00 a.m.
April 26-June 16 (no class 5/31, Cost \$45/\$20)
June 21-August 11

Deep Water Exercise

If you're ready for a cardiovascular workout without any impact, try this class. It's a self-paced, non-swimming routine that adjusts to any fitness level. Cost \$56, BHFC members do not need to register.

M & W: 7:15-8:00 p.m.
April 26-June 16 (no class 5/31, Cost \$53)
June 21-August 11

Easy Does It

An easy, all around workout in our warm water pool includes toning, gentle aerobics, core work and stretching. Cost \$56, BHFC members do not need to register.

Tu & Th: 7:30-8:20 p.m.
April 27-June 17 or June 22-August 12

Joints In Motion

Enjoy the soothing warm water therapy pool in this special class designed for individuals with joint disease.

M, W & F: 11:00-11:55 a.m.
April 26-June 18 or June 21-August 13
Cost Session I: \$58, BHFC member \$29
Cost Session II: \$60, BHFC member \$30

Tu & Th: 11:00-11:55 a.m.
April 27-June 17 or June 22-August 12
Cost \$40, BHFC member \$20

Adult Aquatics at Borgess continued

Just My Speed

A cardiovascular workout for healthy adults with joint or back discomfort, this class features flexibility and toning segments and a low-to-moderate aerobic workout with variations given for individual needs. Cost \$56, BHFC members do not need to register.

M, W & F: 11:15 a.m.-12:00 p.m.
April 26-June 18 (no class 5/31, Cost \$53)
June 21-August 13

Medical Maintenance Swim

Open swim time in our warm water pool is available for individuals of any age with medical/post-therapy needs. Cost \$48, free to BHFC members. Pre-registration is required. This program held in the Borgess Spine Pool.

M & Th: 5:15-7:00 p.m.
April 26-June 17 (no class 5/31, Cost \$45)
June 21-August 12

Tu & Th: 2:00-3:30 p.m. or 3:00-4:30 p.m.
April 27-June 17 or June 22-August 12

Prenatal Water Exercise

Designed with the safety of the mother-to-be and child in mind, this program offers strength and endurance conditioning, protection against back pain, and positive effects on energy, mood and self-image. Medical consent from physician required. Cost \$56, BHFC member \$30.

Tu & Th: 6:30-7:20 p.m.
April 27-June 17 or June 22-August 12

Red Cross Lifeguard Recertification

Renew your current Lifeguard/First Aid and CPR/AED training before your summer job begins. Call 269.552.2342 for more information. Cost \$65, BHFC members \$55.

M & W: 5:15-9:15 p.m.
May 17 & 19

Swim for Fitness (ages 11-adult)

Coached swim program for swimmers who want to build endurance, prepare for triathlons or develop stroke technique. Participants should be able to swim a minimum of two pool lengths. Cost \$48, BHFC member \$36.

Th: 7:30-8:15 p.m.
April 29-June 17 or June 24-August 12

Pilates/Yoga Fusion for the Pool

This mind/body class will focus on combining the Pilates principles of core strength with the Yoga principles of stretching the body and centering the mind. In the pool, the exercises and stretches are more comfortable and easily practiced without the forces of gravity. Cost \$24, BHFC members do not need to register.

Tu: 1:00-1:50 p.m.
April 27-June 15 or June 22-August 10

Th: 1:00-1:50 p.m.
April 29-June 17 or June 24-August 12

Water Exercise for Daily Living

This class meets the fitness needs of adults with multiple sclerosis, Parkinson's disease and other related conditions. Our 82°F pool is equipped with stairs and a hydro-lift chair for easy access. Exercises improve stamina for simple daily-living tasks. Cost \$48, BHFC member \$20.

M, W & F: 9:30-10:10 a.m.
April 26-June 18 (no class 5/31, Cost \$46/\$19)
June 21-August 13

BORGESS HEALTH



To register, visit wellness.borgess.com or call 269.226.8135 or 1.800.828.8135.