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!

MEMBERS: $39 **NON-MEMBERS: $51**

***NON-PUNCH CARD CLASSES:** Classes marked with an asterisk (*) require a separate registration and/or class-specific punch card to attend.

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

LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY
5:10-5:55 AM **STUDIO CYCLE** Sharon		5:10-5:55 AM **STUDIO CYCLE** Sharon
6:00-7:00 AM **MORNING MIX-UP** Karen	6:00-7:00 AM **NEW: FIT CAMP (begins 9/16)** Coach Cola	6:00-7:00 AM **MORNING MIX-UP** Karen
6:10-7:00 AM ***SMALL GROUP TRAINING** Adam		6:10-7:00 AM ***SMALL GROUP TRAINING** Adam
	8:00-8:45 AM **SILVER SNEAKERS: CIRCUIT** Melanie	
8:15-9:00 AM **SHALLOW WATER WORKS** B.J.		8:15-9:00 AM **SHALLOW WATER WORKS** B.J.
9:00-10:00 AM **SILVER SNEAKERS: CLASSIC** B.J.	9:00-10:00 AM **YOGA** Sarita	9:00-10:00 AM **SILVER SNEAKERS: CLASSIC** B.J.
9:00-9:50 AM **DEEP WATER MIX** Lana H.		9:00-9:50 AM **DEEP WATER MIX** Lana H.
9:20-10:10 AM **FUNCTIONAL FITNESS** Lana S.	10:30-11:30 AM **HIP HOP REMIX** Sheila	9:20-10:10 AM **FUNCTIONAL FITNESS** Lana S.
10:15-11:15 AM **BODY BLAST** Lana H.	11:00 AM-12:00 PM ***ARTHRITIS CLASS** Greta	10:15-11:15 AM **BODY BLAST** Lana H.
10:15-11 :00AM **SILVER SNEAKERS: SPLASH** B.J.	11:30 AM-12:30 PM **POWER SPLASH** Linda	10:15-11 :00AM **SILVER SNEAKERS: SPLASH** B.J.
11:15 AM-12:00 PM **PILATES** Lana H.		11:15 AM-12:00 PM **PILATES** Lana H.
12:15-1:00 PM **DEEP WATER LUNCH** Rita	12:00-1:00 PM ***ARTHRITIS CLASS** Gretta	12:15-1:00 PM **DEEP WATER LUNCH** Rita
12:15-1:15 PM **ZUMBA** Lana H.		12:35-1:15 PM **CARDIO DRUMMING** Dina
5:30-6:30 PM **BODY SCULPT** Gerri		5:30-6:30 PM **YOGA** Gerri
	5:30-6:15 PM **ZUMBA** Dina	
7:00-8:00 PM **DEEP WATER CHALLENGE** Karen	6:30-7:30 PM **RIVER ROBICS** Melanie	7:00-8:00 PM **DEEP WATER CHALLENGE** Karen
	6:30-7:30 PM ***SMALL GROUP TRAINING** Adam	
	7:45-8:30 PM **PILATES** Noelle	

WATER CLASSES

THURSDAY	FRIDAY	SATURDAY
	5:10-5:55 AM **STUDIO CYCLE** Sharon	9:00-9:55 AM **TOTAL FITNESS SHALLOW** Marsha
6:00-7:00 AM **NEW: FIT CAMP (begins 9/18)** Coach Cola	6:00-7:00 AM **MORNING MIX-UP** Karen	9:00-10:00 AM **YOGA** Gargi
	6:00-7:00 AM **LEAN & STRONG (begins 9/19)** Adam	10:00-11:00 AM **TOTAL FITNESS DEEP** Marsha
8:00-8:45 AM **SILVER SNEAKERS: CARDIO** Melanie		10:15-11:00 AM **CORE ENDURANCE** Noelle
	8:15-9:00 AM **SHALLOW WATER WORKS** Kelly	11:15-12:15 PM **ZUMBA** Dina
9:00-10:00 AM **YOGA** Sarita	9:00-10:00 AM **SILVER SNEAKERS: CLASSIC** Kelly	
	9:00-9:50 AM **DEEP WATER MIX** Lana H.	
10:30-11:30 AM **HIP HOP REMIX** Sheila	9:20-10:10 AM **FUNCTIONAL FITNESS** Lana S.	**SUNDAY**
11:00 AM-12:00 PM ***ARTHRITIS CLASS** Greta	10:15-11:15 AM **BODY BLAST** Lana H.	2:00-2:50 PM **STUDIO CYCLE** Sharon
11:30 AM-12:30 PM **POWER SPLASH** Linda	10:15-11 :00AM **SILVER SNEAKERS: SPLASH** Kelly	3:00-3:50 PM **BODY STRONG** Sharon
11:45 AM-12:45 PM **ZUMBA** Lana H.	11:15 AM-12:00 PM **PILATES** Lana H.	4:00-5:00 PM **POWER YOGA** Gargi
12:00-1:00 PM ***ARTHRITIS CLASS** Gretta	12:15-1:00 PM **DEEP WATER LUNCH** Lana H.	
	12:15-1:15 PM **TGIF YOGA** Honey	
5:30-6:15 PM **ZUMBA** Dina		
6:30-7:30 PM **RIVER ROBICS** Sherry	7:00-7:45 PM **DEEP WATER CHALLENGE** Marsha	
6:30-7:30 PM ***SMALL GROUP TRAINING** Adam		
7:45-8:30 PM **GENTLE YIN YOGA** Noelle		

PARKS & Recreation

CITY OF ALLEN

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 SCUPLT. The high energy, fully packed 60 minute session will work your upper and lower body using weights, bands, steps, and floor exercises.

BODY STRONG. Challenge your muscles using hand-held weights and bands in this total body conditioning class with high intensity cardio intervals that keep your body guessing!

CARDIO DRUMMING. This class uses rhythm as the source of inspiration to discover a new group fitness experience. With a combination of aerobic step, music and keeping tempo, cardio fitness is achieved and stress is relieved!

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!

FIT CAMP. A total body toning & strength training class that uses several modalities including dumbbells, bosu balls, resistance bands and jump ropes. You'll leave feeling strong and looking tight!

HIP HOP REMIX. Burn mega-calories and get your booty shaking in this high energy dance cardio class featuring today's hit music and dance styles including Hip Hop, Pop, Latin, Polynesian, and more! Easy to follow and loads of fun for all fitness levels!

LEAN & STRONG. Use free weights and body weight to develop long, lean muscles. Exercises are easy to learn and can be adjusted to your ability level. This is a friendly, fun environment and perfect for anyone that is new to fitness.

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.

POWER YOGA. Establish a solid Power Yoga practice through proper alignment, Yogic breathing, and conscious, fluid movement. Get mental and physical conditioning for life off the mat!

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.

***SMALL GROUP TRAINING.** Led by a nationally certified personal trainer, this class will hold you accountable to exercising regularly and eating healthy for 4 weeks. Workouts are designed for the beginner/intermediate exerciser to lose inches and gain health. Enrollment limited to 8 per class. Register online or at the Front Desk for one month sessions. Come twice per week - either M/W from 6:10-7:00am OR T/Th from 6:30-7:30pm. Monthly fee ranges from $105-$175 depending on how many class days fall in given month. Questions? Contact Adam Napper, 972-849-1004.

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

STUDIO CYCLE. A mind-blowing, heart-pumping, low impact workout that will surely be the ride of your life! Set your own pace and level of resistance to make the workout your own each time.

GENTLE YIN YOGA. Yoga targeting the connective tissues of ligaments, tendons, fascia, bones & joints of the hips, pelvis and lower spine.

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.

Water Classes

***ARTHRITIS CLASS.** This Arthritis Foundation Aquatic Program in warm water will help reduce pain, increase overall health, gain strength and promote flexibility to improve daily life. Free to DRN members or $3 drop-in

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 floatation 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.

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.

SHALLOW WATER WORKS. Come in and try jogging, lunges, frog hops, jumping jacks, and cowboy kicks in moving water. This class is geared for the young at heart!

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.

DON RODENBAUGH NATATORIUM

CITY OF ALLEN

Parks & Recreation

110 Rivercrest Blvd.
Allen, TX 75002
214-509-4770