

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
9:00-10:00 AM SILVER SNEAKERS: CLASSIC Judy		9:00-10:00 AM SILVER SNEAKERS: CLASSIC BJ		9:00-10:00 AM SILVER SNEAKERS: CLASSIC Kelly	8:10-8:50 AM TOTAL FITNESS SHALLOW Lana S.
9:00-9:50 AM FUNCTIONAL FITNESS Lana S.		9:00-9:50 AM FUNCTIONAL FITNESS Lana S.		9:00-9:50 AM FUNCTIONAL FITNESS Lana S.	10:15-11:00 AM CORE ENDURANCE Vicky R.
9:35-10:10 AM DEEP WATER MIX Lana H.	9:35-10:15 AM POWER SPLASH Hazel	9:35-10:10 AM DEEP WATER MIX Lana H.	9:35-10:15 AM POWER SPLASH Hazel	9:35-10:10 AM DEEP WATER MIX Lana H.	
10:20-11:20 AM BODY BLAST Lana H.		10:20-11:20 AM BODY BLAST Lana H.		10:20-11:20 AM BODY BLAST Lana H.	
10:15-11:00 AM SILVER SNEAKERS: SPLASH Judy		10:15-11:00 AM SILVER SNEAKERS: SPLASH BJ		10:15-11:00 AM SILVER SNEAKERS: SPLASH BJ	
11:15 AM-12:00 PM SILVER SNEAKERS: SPLASH Judy	11:15PM-12:00 PM SILVER SNEAKERS: BOOM MUSCLE Regina	11:15 AM-12:00 PM SILVER SNEAKERS: SPLASH BJ	11:15PM-12:00 PM SILVER SNEAKERS: BOOM MUSCLE Regina	11:15 AM-12:00 PM SILVER SNEAKERS: SPLASH BJ	
11:30 AM-12:15 PM PILATES Lana H.	11:45 AM-12:30 PM MOVING MATTERS BJ	11:30 AM-12:15 PM PILATES Lana H.	11:45 AM-12:30 PM MOVING MATTERS BJ	11:30 AM-12:15 PM PILATES Lana H.	
	12:00PM-12:45 PM SILVER SNEAKERS: BOOM MUSCLE Regina		12:00PM-12:45 PM SILVER SNEAKERS: BOOM MUSCLE Regina		
2:35-3:15 PM DEEP WATER FITNESS Judy	2:35-3:15 PM TOTAL FITNESS DEEP BJ	2:35-3:15 PM DEEP WATER FITNESS Judy	2:35-3:15 PM TOTAL FITNESS DEEP BJ	2:35-3:15 PM DEEP WATER FITNESS Judy	
6:10-7:00 PM BODY SCULPT Regina			6:10-7:00 PM BODY SCULPT Regina		
	6:30-7:30 PM RIVER ROBICS Ginger		6:30-7:30 PM RIVER ROBICS Ginger		

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. High 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: BOOM MUSCLE. Participants will challenge their muscular strength and endurance alternating between cardio and resistance training.

SILVER SNEAKERS: CLASSIC. Enjoy the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

Water Classes

MOVING MATTERS. A low to moderate intensity water class to improve strength, endurance, flexibility and balance. Benefits those who experience arthritis, joint pain, autoimmune disease, and injury recovery. **FREE for Natatorium, Senior Center, Optum & Silver Sneakers members. There is a \$3 drop-in fee for others to attend.**

RIVER ROBICS. This class utilizes the force and resistance of the 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.

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 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.

FUNCTIONAL FITNESS. A fun shallow water class for beginners to introduce a variety of exercises adapted to low-impact water environment to improve flexibility and overall conditioning.

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!

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!

DEEP WATER FITNESS. 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.

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 floatation belts.

DON RODENBAUGH NATATORIUM

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