

# 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 <b>SILVER SNEAKERS: CLASSIC</b> Judy		9:00-10:00 AM <b>SILVER SNEAKERS: CLASSIC</b> Judy		9:00-10:00 AM <b>SILVER SNEAKERS: CLASSIC</b> Judy	8:10-8:50 AM <b>TOTAL FITNESS SHALLOW</b> Lana S.
9:00-9:50 AM <b>FUNCTIONAL FITNESS</b> Lana S.		9:00-9:50 AM <b>FUNCTIONAL FITNESS</b> Lana S.		9:00-9:50 AM <b>FUNCTIONAL FITNESS</b> Lana S.	9:00-10:00 AM <b>FLOW YOGA</b> Sarita
9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.	9:30-10:30 AM <b>POWER SPLASH</b> Hazel	9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.	9:30-10:30 AM <b>POWER SPLASH</b> Hazel	9:00-9:50 AM <b>DEEP WATER MIX</b> Lana H.	10:15-11:00 AM <b>CORE ENDURANCE</b> Sarita
10:15-11:15 AM <b>BODY BLAST</b> Lana H.	9:00-10:00 AM <b>CLARITY YOGA</b> Jenn	10:15-11:15 AM <b>BODY BLAST</b> Lana H.	9:00-10:00 AM <b>CLARITY YOGA</b> Jenn	10:15-11:15 AM <b>BODY BLAST</b> Lana H.	11:15 AM-12:00 PM <b>BOLLY X</b> Prachi <i>First Class: July 30th</i>
10:15-11:00 AM <b>SILVER SNEAKERS: SPLASH</b> Judy	10:15-11:00 AM <b>TAI CHI FORM</b> Carole	10:15-11:00 AM <b>SILVER SNEAKERS: SPLASH</b> Judy	10:15-11:00 AM <b>TAI CHI INTRO</b> Carole	10:15-11:00 AM <b>SILVER SNEAKERS: SPLASH</b> Judy	
11:15 AM-12:00 PM <b>SILVER SNEAKERS: SPLASH</b> Judy		11:15 AM-12:00 PM <b>SILVER SNEAKERS: SPLASH</b> Judy		11:15 AM-12:00 PM <b>SILVER SNEAKERS: SPLASH</b> Judy	
11:30 AM-12:15 PM <b>PILATES</b> Lana H.	11:45 AM-12:30 PM <b>MOVING MATTERS</b> Hazel	11:30 AM-12:15 PM <b>PILATES</b> Lana H.	11:45 AM-12:30 PM <b>MOVING MATTERS</b> Hazel	11:30 AM-12:15 PM <b>PILATES</b> Lana H.	
12:45-1:30 PM <b>DEEP WATER ENERGY</b> Mila	11:15AM-12:00 PM <b>SILVER SNEAKERS: BOOM MUSCLE</b> Regina	12:45-1:30 PM <b>DEEP WATER ENERGY</b> Judy	11:15AM-12:00 PM <b>SILVER SNEAKERS: BOOM MUSCLE</b> Regina	12:45-1:30 PM <b>DEEP WATER ENERGY</b> Judy	
	12:15-1:00 PM <b>Hii5</b> Tim				
5:15 PM-6:00 PM <b>BOLLY X</b> Prachi	4:45 PM-6:00 PM <b>TRADITIONAL JAPANESE KARATE</b> Kendrick	5:15 PM-6:00 PM <b>BOLLY X</b> Prachi	4:45 PM-6:00 PM <b>TRADITIONAL JAPANESE KARATE</b> Kendrick		
6:15-7:15 PM <b>BODY SCULPT</b> Anianette	6:15-7:00 PM <b>HIIT PILATES</b> Jenn	6:15-7:15 PM <b>BODY SCULPT</b> Anianette	6:15-7:00 PM <b>HIIT PILATES</b> Jenn		
	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>AQUA FITNESS</b> Hazel		7:00-8:00 PM <b>AQUA FITNESS</b> Hazel			

# 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.** A high energy, fully packed session will work upper and lower body using weights, bands, steps, and floor exercises. Last 15 minutes of class is optional for stretch and cool down.

**BOLLYX.** Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. All levels welcome.

**CIARITY YOGA.** Practice slow flow yoga through a calm and peaceful state of moving meditation.

**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!

**FLOW YOGA.** Performed with Sun salutations and creative flow sequences with a dynamic mix of postures guided by deliberate breath. Revitalize your body, relax the mind, improve and strength. All levels welcome. Modifications provided.

**HIIT PILATES.** An exhilarating interval training designed for a full body workout with high intensity and ballistic movements. This class will ignite fat burn, increase strength and endurance. All levels welcome.

**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: 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.

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

**TAI CHI INTRO.** Beginner class, designed for individuals who suffer from arthritis or associated pain discomfort. Enjoy these slow movements to focus the mind to promote a state of mental clarity and stress management!

**TAI CHI FORM.** Develop control and focus as your breath synchronizes with each precise movement that corresponds to the symbols of change with a sense of calmness and peace

**TRADITIONAL JAPANESE KARATE.** Shotokan Karate is physically rigorous, improves health and develops the mind. Instructor has trained in Japan as well as competed nationally and internationally at highest level. **Minimum age is 6 years old, parent/gauridan must be present in class.**

**Hii5.** This class is sure to get the heart rate up by performing 5 exercises followed by equal rest between each set.

## Water Classes

**AQUA FITNESS.** 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 ENERGY.** This is a perfect class to improve flexibility, range of motion and strengthen muscle to build stamina while also performing high intensity cardio.

**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.

**FUNCTIONAL FITNESS.** A fun shallow water class for beginners to improve flexibility and overall conditioning.

**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 DRN, ASRC, JFRC, Optum & Silver Sneakers members. Or a \$3 drop-in fee for others 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 the lazy river for a challenging cardio and body-toning. 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 use resistance of the water in the Leisure Pool. All fitness levels welcome.

**DON RODENBAUGH NATATORIUM**

110 Rivercrest Blvd.

Allen, Tx 75002

214-509-4770