### Adult Wellness Schedule

**Late Fall 2012**  
**November 12 - January 27**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>7:30 – 8:45</td>
<td><strong>Ageless Yoga</strong> (Paula F.)</td>
<td>6:30 – 7:30</td>
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<td>7:30 – 8:45</td>
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<td></td>
<td>Ageless Yoga (Paula F.)</td>
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<td>Gentle Stretch Yoga (Paula F.)</td>
<td>Pilates (Mila)</td>
<td>Vinyasa Yoga (Michelle/ Rosalee)</td>
<td>Yoga Mix (Rotation)</td>
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<td></td>
<td><strong>Low-Impact Aerobics</strong> (Rosana)</td>
<td><strong>FeldenKrais Method</strong> (Yasmin)</td>
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<td></td>
<td><strong>10:15-10:30 Beginner Yoga</strong> (Anita)</td>
<td>10:15 – 10:15</td>
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<td>10:00-1100</td>
<td><strong>F.I.T.</strong> (Sangeeta)</td>
<td>10:45 – 11:45</td>
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<td>11:00-12:00</td>
<td><strong>Pilates</strong> (Laura S.)</td>
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<td><strong>Yoga All Levels</strong> (Jana)</td>
<td>Yoga All Levels (Jana)</td>
<td>Yoga All Levels (Jana)</td>
<td>Reiki Healing Circle (Tatyana)</td>
<td>LSC (Jana)</td>
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<td>5:30 – 6:30</td>
<td><strong>Yoga All Levels</strong> (Jana)</td>
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<td><strong>Cross Training (Aleda)</strong></td>
<td>Yoga All Levels (Jana)</td>
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<td><strong>Cardio Blast</strong> (Gale)</td>
<td><strong>Cardio Blast</strong> (Gale)</td>
<td><strong>Lyrical Jazz R</strong> (Kendra)</td>
<td><strong>willPower and Grace</strong> (Krisin)</td>
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<td><strong>6:30 – 7:45 Alignment Yoga (Anita)</strong></td>
<td><strong>6:30 – 7:45 Yoga/Pilates</strong> (Anita)</td>
<td><strong>6:30 – 7:45 ZUMBA (Bianca)</strong></td>
<td><strong>6:30-7:30 ZUMBA (Bianca)</strong></td>
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<td>**7:30 – 8:15 Ballet Floor Barre R (Kendra)</td>
<td><strong>7:30 – 8:15 ZUMBA (Laura)</strong></td>
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<td><strong>Cardio/Sculpt (Judy)</strong></td>
<td><strong>Cardio/Sculpt (Judy)</strong></td>
<td><strong>Sculpt/Core (Judy)</strong></td>
<td><strong>Beginner Ballet R (Heather)</strong></td>
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<td><strong>7:30-9 Intermediate Ballet R (Kendra)</strong></td>
<td><strong>7:30-9 BPM</strong></td>
<td><strong>7:30-9 Tap R (Angela)</strong></td>
<td><strong>7:30-9 BPM</strong></td>
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<td><strong>Belly Dancing R (Marta)</strong></td>
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<td><strong>8:30-9:30 BPM (Marta)</strong></td>
<td><strong>8:30-9:30 BPM (Marta)</strong></td>
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**CLASSES ARE FREE FOR TOTAL FACILITY MEMBERS**  
R – These classes require registration

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10/15/12
**ADULT WELLNESS CLASSES**

**FREE FOR TOTAL FACILITY MEMBERS**

**Ageless Yoga Lev 1 M 7:30a**
A slower paced class than gentle stretch yoga that incorporates yoga moves with emphasis on stretching, joint flexibility and improving range of motion in joints.

**Alignment Yoga Tu 6:30p; F 9a; 10a**
Taught in Iyengar tradition using alignment principles and props to explore maximum benefit and understanding.

**All That Jazz M 7:30p**
A dance class that is energetic and fun consisting of unique moves, big leaps and quick turns.

**Ashtanga Yoga Lev 2 M 7:30p**
A vigorous, athletic style of practice, done in a particular order, the dynamic interconnected postures create a sense of flow and movement linked by the breath. Focus is on core strength, utilizing the bandhas (internal energetic locks).

**Back Basics Lev 1 Th 4:30p**
Designed to care for your back. Includes stretching and strengthening exercises specifically targeting back and core muscles.

**Ballet Beg, W 7:30p; Int. Tu 7:30p**
Fundamental ballet technique is taught to improve strength, tone and flexibility.

**Ballet Floor Barre Tu 6:30p**
A combination class - taught on the floor, at the barre and across the floor. Beginner techniques, combinations will be taught. No prior ballet experience necessary.

**Ballroom Dance**
**Beginner Th 7:30p; Sa 11:30a; Int. Sa 1p; Adv. Th 8:30p**
Have fun learning the Tango, Jitterbug, Fox Trot and other steps. Learn to lead and follow. A partner is not necessary.

**Barre Sculpt Tu 5:30p; Th 9:30; Sa 10a**
Integrates the fat burning format of interval training, the muscle shaping technique of isometrics, and the elongation principles of dance conditioning in one class.

**Belly Dancing Tu 7:30p; Sa 12p**
Belly up to the barre! Blending many cultural styles, this dance of female expression is based on the ways a woman moves.

**Cardio Blast Lev 2 Tu 5:30p**
A mix of cardiovascular activity and contemporary choreography.

**Cardio, Kick Boxing & More Lev 2/3 Tu 9:15a**
Feel great with this all-over, stress-busting workout! Begins with a fun, heart-pumping, cardio kickboxing segment, followed by strength & toning on the mat.

**Cardio/Sculpt Lev 2/3 Tu 6:30p**
A fun and engaging combination of ½ hour sculpting with weights and ½ hour dance aerobics.

**Chair Yoga Lev 1 M 6:30p; Tu 10:45a; F 11a**
Introduction to yoga and strength training, with an emphasis on safe body positions. Most of the stretches are done on or using a chair.

**Cross-Training Lev 2/3 M 5:30p; W 9a; Sa 8p**
Challenging, fun and produces results. STEP, intervals, aerobic combinations, body sculpting with weights and floor work.

**Fall Recharge W 9a**
Recharge your metabolism, increase stamina and endurance and build lean muscle tissue with 20 minutes cardio, 20 minutes upper body, and 20 minutes lower body.

**Feldenkrais Method All lev Tu 8:45a; F 1p**
Reconnect with your natural ability to move, think and feel. The gentle lessons improve your overall well being.

**F.I.T Lev 3 M 10a**
Functional Interval Training. Practical strength and endurance training with resistance equipment. Improve core strength, coordination, balance, stability and stamina.

**Gentle Stretch Yoga Lev 1 Tu 6:30a; Th 7:30a**
Designed for therapeutic and rehabilitative purposes. Slower-paced and modified exercises and poses.

**Hip-Hop W 5:45p; F 10a**
Join the funky fun and satisfy yourself with a great workout through basic moves of “street-style” dancing performed to today’s music.

**Interval Training Lev 2 F 9a; Su 8:30a**
Cumulative sets of specific timed intervals of cardio and strength training.

**Karate Beg, Th 6:30p; Int. Th 7:30p**
Develop mental discipline, coordination, flexibility, self-defense skills, strength and poise. Intermediate participants must have at least a yellow belt.

**LSC (Lite Strength Conditioning) Lev 1 M 12p; W 12p; F 12p**
A light weight workout includes warm up, variety of equipments for strength, balance work and modified core strengthening. Individual adjustments can be made to increase your workout.

**Low-Impact Aerobics All Lev M 9a**
Warm-up, 20-30 minutes of low-impact aerobics, resistance muscle work with weights, floor work and stretching.

**Lyrical Jazz W 5:45p**
Lyrical is a fusion of ballet, modern and jazz expressing feeling with a focus on bodylines, balance, and sustained extensions. A high energy class for any “dancer” who wants to step out of the traditional ballet box and have a great work-out.

**Pilates All Lev M 11a; Tu 12p; W 11a; Th 10:30a; F 7:30a**
Precise, effective movements strengthen the mind-body connection for all levels. Develop long, strong, supple muscles, increase stamina and reduce fatigue.

**Reiki Healing Circle Th 12:15p**
Reduces stress and strengthens the immune system. Increase and balance energy, promote healthy sleep and calmness. The class includes a guided meditation and chair Reiki treatments.

**Strength & Stress Relief Yoga All Lev Th 7p**
A Hatha yoga class to manage stress and feel invigorated. Experience flowing movement, balancing postures, breathing practices, restorative poses and meditation to help you relax, increase strength/ flexibility and achieve peacefulness of body and mind.

**Sculpt Core Lev 2 W 7p; Sa 8a**
Use lights weights to sculpt and tone standing, followed by floorwork to strengthen and deepen core muscles.

**Tai Chi All Lev M 7p; F 7:15p**
Feel inner energy flow through your body. Unite mind, body and spirit through productive and healthy self-expression.

**Tap W 7:45p**
Learn the fundamentals of tap technique while getting a fabulous workout.

**Vinyasa Yoga Lev 2/3 Th 9:15a; Sa 7:45a**
A strength building yoga class moving from posture to posture including sun salutations.

**Will Power and Grace All Lev Th 6p**
A sweaty, dynamic fusion of the industry’s most popular (and most effective) group exercise workout. All you need is your body weight and your bare feet.

**Yoga All Lev. M 12p, 5:30p; Tu 5:30p; W 12p; Th 5p; F 5p; Sa 10a**
Combination of Hatha and Iyengar yoga. Exercise and postures with rhythmic breathing to stimulate, tone and relax the body to promote well-being.

**Yoga Beginner Lev 1 M 9:15a; Sa 10a**
Basic yoga poses emphasizing alignment to build strength, focus, and breath control.

**Yoga/Pilates Lev 2 W 6:45p; Sa 9a**
Combination class focusing on strengthening abdominal and back areas.

**Yoga Mix All Lev Su 7:30a**
Experience different styles of yoga weekly with a select rotation of instructors.

**ZUMBA M 6:30p; Tu 7:30p; W 10a; 6:30p; Sa 10a**
A Latin-inspired, dance fitness class incorporating Latin and International music and dance movements, creating a dynamic, exciting, and effective fitness system! Sneakers recommended.

**ZUMBA TONE EXPRESS F 6:15p**
Blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. Sneakers recommended.

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**Class Levels:**

1. Low Intensity, beginners: Yoga - Basic beginners or no experience
2. Moderate Intensity, Yoga - Experienced in discipline, building strength/flexibility
3. High Intensity, Yoga - Personal practice, refine understanding, possible inversion work

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10/15/12
**Lap Swim Schedule**

Late Fall 2012-13
November 12th – January 27th

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<th>Monday</th>
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All Lanes Lap | *5:15-6:15  
All Lanes Lap | *7:00-8:00  
All Lanes Lap | *7:00-9:00  
All Lanes Lap |
| 6:15-7:15  
2 Lanes Lap          | 6:15-7:15  
Oak Knoll        | 6:15-7:15  
2 Lanes Lap       | 6:15-7:15  
Oak Knoll        | 6:15-7:15  
2 Lanes Lap       |                       |                      |
| 6:15-7:15  
Oak Knoll          | *7:15-9:00  
All Lanes Lap   | 6:15-7:15  
Oak Knoll        | *7:15-9:15  
All Lanes Lap   | 6:15-7:15  
Oak Knoll        | 11:30 - 12:30  
Adapted Aquatics |                      |
| *7:15-9:15  
All Lanes Lap | 11:30-12:00  
3 Lanes Lap | *7:15-9:15  
All Lanes Lap | 11:45-12:15  
3 Lanes Lap | *7:15-9:15  
All Lanes Lap |                       |                      |
| 10:45-11:15  
2 Lanes Lap |                       | 11:15-12:15  
2 Lanes Lap |                       | 10:15-11:15  
2 Lanes Lap |                       |                      |
| 11:15-12:15  
3 Lanes Lap |                       |                       |                        | 11:15-11:45  
4 Lanes Lap |                       |                      |
|                       |                       |                       |                        | *11:45-12:30  
All Lanes Lap |                       |                      |
| **AFTERNOON**            |                       |                       |                        |                         |                        |                      |
| *12:15-1:30  
All Lanes Lap | *12:00-1:00  
All Lanes Lap | *12:00-1:00  
All Lanes Lap | *12:15-1:00  
All Lanes Lap | 12:30-2:00  
3 Lanes Lap | 12:30-2:00  
4 Lanes Lap | 12:30-1:00  
4 Lanes Lap |
| 1:30-2:30  
3 Lanes Lap | 1:00-3:00  
3 Lanes Lap | 1:00-2:30  
3 Lanes Lap | 1:00-3:00  
3 Lanes Lap | 3:00-4:00  
Oratory 3 Lanes |                     | 1:00-2:00  
2 Lanes Lap |
|                       | 3:00-4:00  
Oratory 3 Lanes |                       |                       |                       |                       |                      |
| **EVENING**              |                       |                       |                        |                         |                        |                      |
| 5:30-6:00  
2 Lanes Lap | 5:30-6:00  
2 Lanes Lap | 5:30-6:00  
2 Lanes Lap | 5:30-6:00  
2 Lanes Lap | 6:00-6:30  
All Lanes Lap | 6:30-7:30  
4 Lanes Lap | *2:00-3:00  
All Lanes Lap |
| 6:00-8:00  
3 Lanes Lap | 6:00-7:00  
4 Lanes Lap | 6:00-8:00  
4 Lanes Lap | 6:00-7:00  
4 Lanes Lap | *6:00-6:30  
All Lanes Lap | *2:00-3:00  
All Lanes Lap |                      |
| *8:00-9:45  
All Lanes Lap | *7:00-8:00  
All Lanes Lap | 8:00-9:00  
3 Lanes Lap | *9:00-9:45  
All Lanes Lap | *8:30-9:45  
3 Lanes Lap |                     |                      |
| *8:00-9:45  
All Lanes Lap | 8:00-9:00  
3 Lanes Lap |                       | *9:00-9:45  
All Lanes Lap |                     |                      |                      |

Due to special scheduled activities, the Lap Swim Schedule is subject to change. Please check the Aquatic Information Board regularly for notices posted regarding Lap Swim.

* = All 5 lanes are available with NO other activities going on during designated time.

DATED: 12/11/12

CLOSED NOVEMBER 22nd, DECEMBER 25th, JANUARY 1st
LAP SWIM
Enjoy time in our beautiful 5 lane, 25 yard pool! We offer many hours of lap swim throughout the day and evening. Free for Total Facility Members.

LAP SWIM RULES
- Lifeguards are responsible for organizing and pacing of lap lanes.
- Lap swim is permitted for members 12 years and older, who are able to continuously swim a minimum of 8 laps.
- Circle swim is required when there are 3 or more patrons in a lane.

Total Facility Fees
Enjoy full use of the Fitness Center and pool and participate in all adult fitness, aquatic and dance classes. Baby sitting is free and available for TF members.

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<thead>
<tr>
<th></th>
<th>Monthly</th>
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<tbody>
<tr>
<td>ADULT</td>
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<td>SR. HOUSEHOLD</td>
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ADAPTED AQUATICS
Sat. 11:30
3 yrs. - Adult
Class fee: $100 ($10 per class)
This one hour program provides individuals who are physically or intellectually challenged the opportunity to learn how to swim, be part of a social group, and to have fun in a safe aquatic environment.
Registration can be completed online.
*Medical form can also be found online and must be completed and returned to The Connection one week prior to participation in program.

Dated: 11/13/12
# Adult Swimming Programs

LATE FALL 2012
November 12th – January 27th

## Monday
- **9:15-10:15**
  - Aqua-Intervals **(Amy)**
- **10:15-11:15**
  - Adult Beginner **R** **(Deana)**
- **11:15-12:15**
  - Adult Intermediate **R** **(Deana)**
  - Jump n Swim

## Tuesday
- **6:15-7:15**
  - Adult Swim Training **R**
- **9:00-10:00**
  - Deep Water Fitness **(Sara)**
- **10:15-11:15**
  - Aqua-Fit **(Juli)**
- **11:15-12:15**
  - Gentle Aerobics **(Juli)**

## Wednesday
- **10:15-11:15**
  - Adult Swim Training **R**
- **11:15-12:15**
  - Power Hour **(Andréa)**

## Thursday
- **6:15-7:15**
  - Total Body Toning **(Andréa)**

## Friday
- **9:15-10:15**
  - Adult Beginner Training **R** **(Deana)**

## Saturday
- **10:15-11:15**
  - Gentle Stretch **R** **(Shannon)**

## Sunday
- **11:30 - 12:30**
  - Adapted Aquatics
  - Pre-Team 1-3

### MORNING

### AFTERNOON

- **1:30-2:30**
  - Jump n Swim
  - Gentle Aerobics **R** **(Shannon)**

- **2:30-3:30**
  - Senior Swim
  - Senior Swim

### EVENING

- **5:00-6:00**
  - Pre-Team 2

- **6:00-7:00**
  - Power Hour

- **7:00-8:00**
  - Pre Team 3

- **8:00-9:00**
  - Adult Swim Training **R** **(Ivan)**

- **8:00-9:00**
  - Adult Beginner **R** **(Ivan)**

- **9:00-10:00**
  - Deep Water Fitness **(Sara)**

- **9:15-10:15**
  - Total Body Toning **(Andréa)**

- **10:15-11:15**
  - Adult Swim Training **R**

- **10:15-11:15**
  - Jump n Swim

- **11:15-12:15**
  - Adult Intermediate **R** **(Ivan)**

- **12:30-1:30**
  - Adult Swim Training **R** **(Ivan)**

- **12:30-1:30**
  - Adult Intermediate **R** **(Ivan)**

- **1:30-2:00**
  - Special Needs Swim

- **1:30-2:00**
  - Special Needs Swim

- **1:30-2:00**
  - Pool Party

- **2:00-3:00**
  - Senior Swim

- **2:00-3:00**
  - Rec. Swim

- **3:00-4:45**
  - Rec. Swim

- **3:00-4:45**
  - Rec. Swim

- **3:00-4:45**
  - Rec. Swim

### R = Registration is required for this class.

CLOSED NOVEMBER 22nd, DECEMBER 25th, JANUARY 1st
DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE. ALL CLASSES WILL BE PRO-RATED.

DATED: 12/10/12
LAP SWIM
Enjoy time in our beautiful 5 lane, 25 yard pool! We offer many hours of lap swim throughout the day and evening.

ADULT LEARN TO SWIM & COMPETITIVE CLASSES
Adult Beginner  M 10:15a, F 6:30, Sat 8a,
Water adjustment and basic skills. Learn crawl stroke with breathing technique, backstroke and gradual intro to deep water (including jumping).

Adult Intermediate  M 11:15a, Tu 8p, Th 11:15a, F 7:30p, Sat 8a R
Must be able to swim 4 lengths of the pool. Improve form and breathing technique. Intro to breaststroke and standing dives. Average 20-30 laps per class.

Adult Swim Training  Tu 6:15a; W 8p; Th 6:15a; F 12:30
Adult fitness program for tri-athletes, fitness swimmers, and competitive Master’s Swimmers. Focus on stroke refinement, pacing, endurance, and fun! Must be able to swim 600 yards (or 24 lengths) using the crawl stroke.

WATER EXERCISE CLASSES
Aqua-Fit (Advanced)  W 10:15a
This shallow water class uses exercises tailored to different body parts and incorporates equipment to increase intensity and resistance, followed by a powerful ab routine that will keep your heart rate pumping.

Aqua-Intervals (Intermediate)  M 9:15a;
Begin in the shallow water with a brief warm up and stretching then progress into intervals of cardio and strength training traveling your way to the deep water for a workout that will energize your body.

Power Hour (Advanced)  M 6p; Th 9:15am
40 minutes of powerful high energy cardio exercise in the shallow water including an intense ab/core workout, and ending with a yoga inspired cool down.

Deep Water Fitness (Intermediate)  Tu 9:00a; Th 7pm
A total body workout beginning with a brisk stretch and warm-up, the duration of the class will consist of calisthenics and strength training finishing with a refreshing cool down.

Gentle Aerobics (Beginner)  Tu 2:00p; W 11:15a; Th 2:00p
Come enjoy this water exercise class that supports joints while encouraging free movement and act as resistance to help build muscle strength. Ideal for someone who is developing or has muscle concerns and needs to be mindful of stress put on joints.

Gentle Stretch  F 10:15a
The focus of this class is to stretch and strengthen all joints through low impact movements. The use of different equipment can help overcome personal mobility and balance challenges. The buoyancy and soothing water make it a safe, ideal environment for relieving pain, stiffness, and increased circulation.

Total Body Toning (Advanced)  F. 9:15a
Focus on toning your entire body and get your heart rate moving with this fast paced deep water cardio and core strengthening workout.

SENIOR SWIM
Reserved pool time for seniors and physically challenged members of The Connection.
Mon., Wed., and Fri. 2:00-3:00 pm.
This one hour program provides individuals who are physically or intellectually challenged the opportunity to learn how to swim, be part of a social group, and to have fun in a safe aquatic environment. Registration can be completed online. *Medical form can also be found online and must be completed and returned to The Connection one week prior to participation in program.

ADAPTED AQUATICS $100 ($10 per class) 3 yrs.- Adult  Sa 11:30
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