

AQUATIC CROSS-TRAINING CENTER

Group Fitness Classes

August 2010



Cornerstone's Aquatic Cross-Training Center (XTC) allows **everyone** to realize the benefits of water-based exercise. **You don't have to be a "swimmer"** to get a great workout—most classes are shallow-water or utilize buoyancy aids. The water's variable resistance makes our classes **appropriate for beginners** but simultaneously **challenging for even elite athletes**.

Drop-In Group Fitness Classes

class fees: \$7 (mem.) / \$8 (prog. pass) • no reservation necessary • multi-class punch-cards are also available (great value!)

Traditional Water Fitness

fun, energizing workouts (~50 min.) using the water, your body, & occasional water-weights or buoyancy aids.

Day & Time	Class	Instr.	Pool
Monday 9:05 am	Deep H2O	Chrissy	Lap
Monday 10:15 am	Arthritis Aq. Ex.	Chrissy	M.P.
Monday 11:00 am	Aqua Aerobics	Chrissy	M.P.
Monday 6:15 pm	Deep H2O	Kyle	M.P.
Tuesday 6:15 pm	Deep H2O	Chrissy	M.P.
Wednesday 9:05 am	Aqua Interval	Chrissy	Lap
Wednesday 10:15 am	Arthritis Aq. Ex.	Chrissy	M.P.
Wednesday 11:00 am	Aqua Aerobics	Chrissy	M.P.
Thursday 6:15 pm	Wave Runner	Keri	M.P.
Friday 9:05 am	Deep H2O	Kyle	Lap
Friday 10:15 am	Arthritis Aq. Ex.	Kyle	M.P.
Friday 11:00 am	Aqua Aerobics	Kyle	M.P.

Aqua-Spinning

our revolutionary underwater stationary bikes provide an amazing 45-minute workout! (All classes take place in Lap Pool.)

Day & Time	Class	Instr.
Mon 9:15AM	Not So Desperate Housewives	Julia
Mon 5:15PM	Unwind with a Spin	Claudia
Wed 10:15AM	Who Needs Java?	Julia
Wed 6:15PM	Take it to YOUR Limit	Claudia
Thurs 12:15PM	Power Lunch	Dave
Thurs 5:15PM	Weekend Warrior	Julia
Fri 9:15AM	Breakfast of Champions	Julia

For your comfort, water shoes are required for aqua-spinning classes. If it's your first class, please arrive ~5 min. early for an orientation. Classes are on a space-available basis, based on front desk check-in. Classes will not run with fewer than three participants.

Specialized Training Classes

high-intensity workouts geared to a specific purpose • advance registration required for specific course duration

Class	Day	Time	Start	End	Class Length	Class Fees	
						Members	Prog. Pass
Triathlon Training	SUN	5:00 PM	8/15	- 9/19	75 min.	\$98	\$149
Fit For Life	M/W/F	10:00 AM	9/13	- 10/22	60 min.	\$360	\$432
Fit For Life	M/W/F	6:00 PM	9/13	- 10/22	60 min.	\$360	\$432

1. **REFUND & MAKE-UP POLICY.** Class fees will be refunded only if: (a) You withdraw more than 5 days prior to the start of the class; or (b) In the event of over-enrollment or a cancelled class.

No make-up or substitute classes are available.

2. The Program Pass is valid for one year—registration fees are non-refundable.

3. Class duration includes time allowance for set-up and take-down.

4. Low Usage members are eligible for Member rates for classes during Low Usage hour only—Program Pass rates apply for classes outside Low Usage hours.

5. Personal training (water- and/or land-based) is also available.

6. Class fees are subject to change.

POOL CLOSED
Monday, Sept. 6th
(Labor Day)
no classes

*schedules & additional information are always available online at www.swimcornerstone.com questions? Call us at **521-3242***