

AQUATIC CROSS-TRAINING CENTER

Group Fitness Classes

February 2012

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
Mon. 9:05AM	Deep H2O	Kyle/Barry	Lap
Mon. 10:15AM	Arthritis Aq. Ex.	Kyle/Barry	M.P.
Mon. 11:00AM	Aqua Aerobics	Kyle/Barry	M.P.
Mon. 6:15PM	Aqua Aerobics	Barry	M.P.
Wed. 9:05AM	Aqua Interval	Chrissy/Barry	Lap
Wed. 10:15AM	Arthritis Aq. Ex.	Chrissy/Barry	M.P.
Wed. 11:00AM	Aqua Aerobics	Chrissy/Barry	M.P.
Wed. 6:15PM	Shallow H2O	Barry	M.P.
Thurs. 6:15PM	Shallow H2O	Barry	M.P.
Fri. 9:05AM	Deep H2O	Bonnie/Barry	Lap
Fri. 10:15AM	Arthritis Aq. Ex.	Bonnie/Barry	M.P.
Fri. 11:00AM	Aqua Aerobics	Bonnie/Barry	M.P.

Aqua-Cycling

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

Day & Time	Class	Instr.
Thurs. 12:15PM	Power Lunch	Dave

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
Aqua Zumba	M	7:15 PM	1/16	3/5	60 min	\$80	\$122
Aqua Zumba	THUR	9:00 AM	1/19	3/8	60 min	\$80	\$122
Aqua Boot Camp	T/T	10:00 AM	1/31	2/23	60 min	\$79	\$119
TRX Group Training	W	8:00 AM	2/1	2/22	45 min	\$40	\$48
TRX Group Training	F	8:00 AM	2/3	2/24	45 min	\$40	\$48
Zumba (dry-land)	SAT	8:00 AM	2/4	3/24	60 min	\$80	\$122
TRX Group Training	M	12:15 PM	2/6	2/27	45 min	\$40	\$48
TRX Group Training	W	5:30 PM	2/8	2/29	45 min	\$40	\$48

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.

NOW FEATURING:

TRX
SUSPENSION
TRAINING

Come Check It Out!

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