

# Water Fitness Classes

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

## Class Prices

**Drop In Rates:**  
Members: \$6.00 per class  
Program Pass: \$7.00 per class

### One Month Pass

	3 Classes	4 Classes	5 Classes
Member	\$17.00	\$22.00	\$27.00
Prog. Pass	\$19.00	\$25.00	\$29.00

### Three Month Pass

	13 Classes	26 Classes	39 Classes
Member	\$59.00	\$109.00	\$150.00
Prog. Pass	\$69.00	\$127.00	\$175.00

### Twelve Month Pass

	52 Classes	104 Classes	156 Classes
Member	\$209.00	\$374.00	\$515.00
Prog. Pass	\$244.00	\$436.00	\$601.00

**\*Schedule and instructors subject to change.**

- Participants may attend any scheduled class, no reservation is necessary.
- One, three and twelve month passes cannot be used past their expiration date.
- Treat punch passes like cash. Cornerstone is not responsible for lost or stolen passes.
- Punch passes are non-transferable and non-refundable.
- Passes are for entrance to Water Fitness classes only and must be accompanied by a valid registration (Program Pass or Membership).
- Packages of any number of classes can be purchased by combining the different packages above.
- Prices are subject to change.

## Class Descriptions

### **Aqua Aerobics**

This class offers a moderate-to high-intensity cardiovascular workout to help you burn fat, tone muscle and strengthen your heart. The class is taught in the shallow water utilizing a variety of equipment.

### **Wave Runner**

Wave Runner is a challenging cross-training class that uses both the shallow and deep water. The class is a total-body cardiovascular workout that includes strengthening and toning the body as well as abdominal work and stretching.

### **Fabulous Friday**

This is a high intensity, start your weekend out right workout. The class moves between shallow and deep water while using a variety of equipment--a cross between *Wave Runner* and *Aqua Aerobics*.

### **Aqua Interval**

This rigorous workout in shallow water gives you cardio and strength training all in one. Throughout class you will alternate between three minute aerobic segments and 90 second strength training segments. Using a variety of equipment pieces, this class will give everyone, from novice to advanced, a great workout.

### **Deep H2O**

Participants in this class will be motivated for an intense, all deep-water exercise program. Much of the class consists of water jogging as well as stationary leg, arm and abdominal training exercises, designed to promote cardiovascular, respiratory, and muscular conditioning.

### **Arthritis Aquatic Exercise**

This class is great for treating any form of arthritis or for a person who is just completing physical therapy but isn't ready for a regular exercise program. The exercises in this program help increase range of motion and minimize the pain and stiffness associated with arthritis.

# WHAT IS WATER FITNESS?

Water Fitness classes are a fun and enjoyable way to get a great daily workout. The water is a truly unique environment, and has the potential to dramatically improve your exercise regimen. Unlike land-based workouts, the water's natural buoyancy allows participants to exercise with very little impact on the joints and spine. In addition, the water's constant resistance makes exercising in the water more efficient than a workout on land. And the water is much better than air in removing excess heat—allowing you to work out at a higher level without overheating.

Cornerstone's certified instructors provide a variety of water fitness classes designed to help you use all of the water's benefits to maximum advantage. It's a safe, efficient workout in a dynamic social environment. Each class is targeted for a different fitness level, from low- to high-intensity—so regardless of your current fitness level, Cornerstone has a class for you!

Even within a given class, each participant can exercise at their desired intensity—one of the best aspects of water exercise is that the water "pushes back" only as much as you "push." It's easy to modify the intensity of the workout, simply through your own movements. If you want to take it easy, the water will support you. But if you want a killer workout, the water can provide it! (Don't think so? Give us one class to change your mind!)



**Looking for a new workout?**

*Try our high-intensity evening classes!*

**Want to ease arthritis pain?**

*Try our Arthritis Aquatic Exercise class!*



## SO, WHAT'S STOPPING YOU?

- *It's too much work to get wet!* One way or another, you're going to get wet during or after your exercise. Why not let the water keep you cool all through your workout, instead of just in your post-workout shower?
- *I need a serious cardio workout.* The combination of the water's resistance and buoyancy will challenge your heart rate like never before. Don't believe us? Try it and see!
- *I really want strength training.* The water provides 12 to 20 times the resistance of land—in all directions!
- *I'm just not sure.* Give it one shot—the potential payoff is the best exercise you've ever had!
- *I'm not a great swimmer.* We offer both shallow- and deep-water classes to fit anyone's ability level.