

# GROUP EXERCISE @ DON RODENBAUGH NATATORIUM

## Registration for Aerobics Classes Required

**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> BJ		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.	9:00-10:00 AM <b>CLARITY YOGA</b> Jenn	9:00-9:50 AM <b>FUNCTIONAL FITNESS</b> Lana S.	9:00-10:00 AM <b>CLARITY YOGA</b> Jenn	9:00-9:50 AM <b>FUNCTIONAL FITNESS</b> Lana S.	9:00-10:00 AM <b>YOGA FOCUS</b> Siva
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> Regina
10:15-11:15 AM <b>BODY BLAST</b> Lana H.		10:15-11:15 AM <b>BODY BLAST</b> Lana H.		10:15-11:15 AM <b>BODY BLAST</b> Lana H.	
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> BJ	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> BJ		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> BJ	11:30 AM-12:15 PM <b>PILATES</b> Lana H.	11:45 AM-12:30 PM <b>MOVING MATTERS</b> BJ	11:30 AM-12:15 PM <b>PILATES</b> Lana H.	
12:30-1:15 PM <b>DEEP WATER ENERGY</b> Judy	11:15AM-12:00 PM <b>SILVER SNEAKERS: BOOM MUSCLE</b> Regina	12:30-1:15 PM <b>DEEP WATER ENERGY</b> Judy	11:15AM-12:00 PM <b>SILVER SNEAKERS: BOOM MUSCLE</b> Regina	12:30-1:15 PM <b>DEEP WATER ENERGY</b> Judy	
	5:00 PM-6:00 PM <b>TRADITIONAL JAPANESE KARATE</b> Kendrick		5:00 PM-6:00 PM <b>TRADITIONAL JAPANESE KARATE</b> Kendrick		
6:15-7:00 PM <b>BODY SCULPT</b> Regina		6:00 PM-6:50 PM <b>YOGA FOR STRENGTH</b> Siva	6:15-7:00 PM <b>BODY SCULPT</b> Regina		
	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.** The high energy, fully packed 50 minute session will work your upper and lower body using weights, bands, steps, and floor exercises.

**CLARITY YOGA.** Practice slow flow yoga through a calm and peaceful state of moving meditation. Yoga mats are available for use in the aerobics room.

**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!

**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.

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

**STRENGTH YOGA.** Focus on flexibility, balance and strength through vinyasa flow to allow poses to seamlessly form.  
\*Modifications offered

**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

**YOGA FOCUS.** Use vinyasa flow to allow poses to smoothly form while focusing on correct form leading up to stress reduction and calmness of meditation.

**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.**

## Water Classes

**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. There is a \$3 drop-in fee for others to attend.**

**RIVER ROBICS.** This class utilizes the force and resistance of the lazy river. for a challenging cardio and body-toning workout. 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.

**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.

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

**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!

**DEEP WATER MIX.** This fun-filled deep water class includes the use of floatation 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 and get a total body workout!

**TOTAL FITNESS SHALLOW.** Build cardiovascular endurance as you use resistance of the water in the Leisure Pool. All fitness levels welcome.

**DON RODENBAUGH NATATORIUM**  
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