

Adult Aquatics at Borgess

JUNE-AUGUST 2019

To register, please visit ascension.org/events.
All classes are held at Ascension Borgess Health Club.



Ai-Chi

Ai-Chi will help you achieve a quiet, peaceful feeling that you can carry through your busy day. The use of slow repetitive movement in the warm water will help balance and stretch the body. Cost \$60, ABHC members do not need to register.

M, W & F: 9-9:30 a.m. (*Spine/PT Pool*)
June 24-August 16

Aqua Yoga

Join us in our warm therapy pool and experience a new approach to Yoga. Gentle stretches improve flexibility, balance and muscle strength. No previous experience necessary for this relaxing, yet invigorating class. Cost \$44, ABHC members do not need to register.

F: 10-10:50 a.m. (*Spine/PT Pool*)
June 28-August 16

Aqua Zumba®

Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of a fun workout. Integrating the Zumba formula and philosophy with traditional aqua fitness principles, this class blends it all together in a safe, challenging water-based workout that’s cardio-conditioning, body toning and exhilarating! Cost \$44 1X/wk. \$60 2X/wk. ABHC members do not need to register.

M: 7:10-8 p.m. (*Spine/PT Pool*)
June 24-August 12
Tu: 5:30-6:20 p.m. (*Spine/PT Pool*)
June 25- August 13

Back On Track

If you are returning to exercise after a health event, this post-therapy class in our warm water pool is designed to improve flexibility, strength, balance, and endurance so you can return to your normal or improved levels of activity. Cost \$48, ABHC member \$20.

M & W: 10-10:50 a.m. (*Warm Pool*)
June 24-August 14

Easy Does It

An easy, all around workout that includes toning, gentle aerobics, core work and stretching. Cost \$55, ABHC members do not need to register.

Tu & Th: 7:30-8:20 p.m. (*Warm Pool*)
June 25-August 15 (*No Class 7/4, Prorated*)

Exercise for Every Body

The warm water pool provides an inviting environment for this medium paced aerobics class. Components of strength training, flexibility and balance work add variety to keep you coming back for more. Cost \$42, ABHC members \$19

Tu & Th: 10-10:50 a.m. (*Warm Pool*)
June 25-August 15 (*No Class 7/4, Prorated*)

Joints In Motion

Enjoy the soothing warm water pool in this special class designed for individuals with joint disease. Short aerobic component helps you stay moving. Cost \$42, ABHC member \$19.

Tu & Th: 11-11:55 a.m. (*Warm Pool*)
June 25-August 15 (*No Class 7/4, Prorated*)

Just My Speed

A cardiovascular workout for healthy adults with some limitation. This class features flexibility and toning segments and a low-to-moderate aerobic workout with variations given for individual needs. Cost \$60, ABHC members do not need to register.

M, W & F: 11:15-12 p.m. (*Lap Pool*)
June 24-August 16

Morning Energizer

Get your morning off to a great start with this warm water exercise class. With a combination of gentle aerobics, stretching, toning and balance it is a great way to kick off your day. Cost, \$44, ABHC members do not need to register.

M & W: 8-8:50 a.m. (*Spine/PT Pool*)
June 24-August 14

Adult Aquatics at Ascension Borgess continued JUNE-AUGUST 2019

Prenatal Water Exercise

Designed with the safety of the mother-to-be and child in mind. This class offers strength and endurance conditioning, protection from back pain, and positive effects on energy, mood, and self-image. Medical consent required. Cost \$39, ABHC member \$18.

Th: 6:30-7:20 p.m.

June 27-August 15 (*No class 7/4 Prorated*)

Prenatal Combo-Yoga & Prenatal Water Exercise

The combination of these two classes will give you the breathing focus and concentration needed in delivery along with strength, endurance and protection from back pain. Cost \$66, ABHC member \$30.

M: 7:15-8 p.m. (*Prenatal Yoga*)

Th: 6:30-7:20 p.m. (*Water Exercise*) (*No class 7/4 Prorated*)

June 27-August 15

Medical Maintenance Swim

Open time in our warm water pool for participants to complete their medical or post-therapy exercise program. Cost \$48.75(*prorated, no class 7/4*) free to ABHC members. Pre-registration is required. Call 552-2342 for information.

Pilates/Yoga Fusion

This mind/body class will focus on combining the Pilates principles of core strength with the yoga principles of stretching the body and centering the mind. Cost \$44; ABHC members do not need to register.

F: 11-11:50 a.m. (*Spine/PT Pool*)

June 28-August 16



**Ascension
Borgess**

HEALTH CLUB

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