

Adult Aquatics at Borgess

AUGUST-OCTOBER 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*)
August 26-October 18 (*No class 9/2*)

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*)
August 30-October 18

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*)
August 26-October 14 (*No class 9/2*)
Tu: 5:30-6:20 p.m. (*Spine/PT Pool*)
August 27-October 15

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*)
August 26-October 16 (*No class 9/2*)

Easy Does It

An easy, all around workout that includes toning, gentle aerobics, core work and stretching. Cost \$58, ABHC members do not need to register.

Tu & Th: 7:30-8:20 p.m. (*Warm Pool*)
August 27-October 17

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 \$44, ABHC members \$20

Tu & Th: 10-10:50 a.m. (*Warm Pool*)
August 27-October 17

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 \$44, ABHC member \$20.

Tu & Th: 11-11:55 a.m. (*Warm Pool*)
August 27-October 17

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*)
August 26-October 18 (*No class 9/2*)

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*)
August-26-October 16 (*No class 9/2*)

Adult Aquatics at Ascension Borgess continued AUGUST-OCTOBER 2019

Medical Maintenance Swim

Open time in our warm water pool for participants to complete their medical or post-therapy exercise program. Cost \$52. Free to ABHC members. Pre-registration is required. Call 552-2342 for information.
(No class 9/2)

M & Th 5:15pm-7pm
Tu & Th 2-3pm
Tu & Th 3-4:30pm
August 26 - October 17

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)*
August 26-October 18



**Ascension
Borgess**

HEALTH CLUB

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