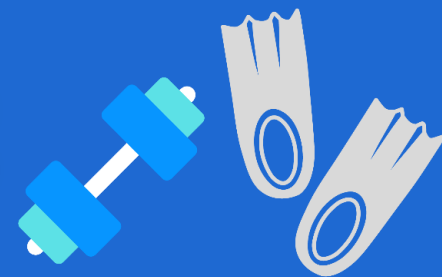


Adult Aquatic

Registration Classes at ABHF



January 24 - April 1

To register, please visit ascension.org/events.

All classes are held at Ascension Borgess Health & Fitness.

Registration will be available beginning Monday, Jan. 10, at 8am.

Adult Aquatic Classes will run January 24 - April 1



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 \$85, ABHF members do not need to register.

M: 9:05-9:45 a.m. (Spine/PT Pool)

F: 9:05-9:45 a.m. (Spine/PT Pool)

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 \$85, ABHF members do not need to register.

Tu: 6:15-6:55 p.m. (Spine/PT Pool)

Th: 1:05-1:45 p.m. (Spine/PT Pool)

Exercise for Everybody

The warm water 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 \$85, ABHF members do not need to register.

Tu: 1:05-1:45 p.m. (Spine/PT Pool)

Deep Water Exercise

If you need a cardiovascular workout with no impact, try exercising in the deep water. This self-paced, non-swimming routine adjusts to any fitness level. The warm water water pool provides an inviting environment for this medium paced aerobics class. Cost \$85, ABHF members do not need to register.

Tu: 9:05-9:45 a.m. (Lap Pool)

Th: 9:05-9:45 a.m. (Lap Pool)

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 \$85, ABHF members do not need to register.

M: 10:05-10:45 a.m. (Spine/PT Pool)

W: 10:05-10:45 a.m. (Spine/PT Pool)

Medical Maintenance Swim

Open time in our warm water pool for participants to complete their medical or post-therapy exercise program. Cost \$100.

Tu & Th 2-3pm (Spine/PT Pool)

Tu & Th 3-4pm (Spine/PT Pool)



**Ascension
Borgess**

HEALTH & FITNESS

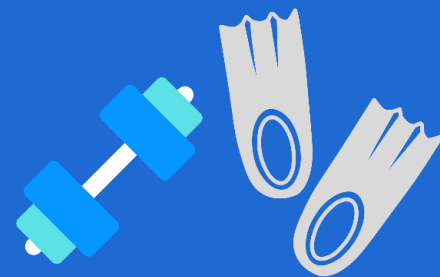


Questions? Contact:
kyle.oberhill@ascension.org

Ascension Borgess Health & Fitness
3025 Gull Road
Kalamazoo, MI 49048
(One mile east of Ascension Borgess Hospital)

Adult Aquatic

Registration Classes at ABHF



Stretch & Tone

Improve strength and flexibility in this fun class in the warm water. A short aerobic portion will get the body moving and ready for developing strength, balance and flexibility. Cost \$85; ABHF members do not need to register.

Tu: 12:05-12:45 p.m. (Warm Pool)

Th: 6:15-6:55 p.m. (Spine/PT Pool)

Water Exercise

Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels. Cost \$85, ABHF members do not need to register.

Tu: 7:05-7:45 a.m. (Lap Pool)

Th: 7:05-7:45 a.m. (Lap Pool)

Water Exercise for Daily Living

This class meets the fitness needs of adults with multiple sclerosis, Parkinson's disease and other related conditions. Our 82 degree pool is equipped with stairs and a hydro-lift chair for easy access. If you need assistance in the water, you must bring support personnel with you to class. Cost \$85.

M: 1:05-1:45 p.m. (Lap Pool)

Th: 1:05-1:45 p.m. (Lap Pool)

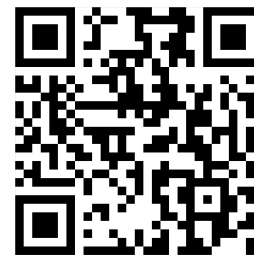
Winter 1 - 2022 Adult Swim Lessons

To register, please visit ascension.org/events.

All classes are held at Ascension Borgess Health & Fitness.

Registration will be available beginning Wednesday, Dec. 1, at 8am.

Adult Swim Lessons run from **Jan. 24 - March 5**



Adult Beginner Swim Lessons

Designed for ages 17 & up. This class helps familiarize inexperienced adults with basic water skills including floating, breathing, and learning basic swimming strokes. No prior swimming experience is needed to join this group.

Cost \$60, ABHF member \$45.

Jan. 24 - March 5

W: 6:30-7:20 p.m. (Lap Pool)

Adult Intermediate Swim Lessons

Designed for ages 17 & up. This class is designed for adults who already know how to swim and have a goal to increase their fitness level. Course instruction focuses on stroke refinement and increasing endurance.

Cost \$120, ABHF member \$105.

Jan. 24 - March 5

Tu & Th 6:30-7:20 p.m. (Lap Pool)



**Ascension
Borgess**

HEALTH & FITNESS



Questions? Contact:
kyle.oberhill@ascension.org

Ascension Borgess Health & Fitness
3025 Gull Road
Kalamazoo, MI 49048
(One mile east of Ascension Borgess Hospital)