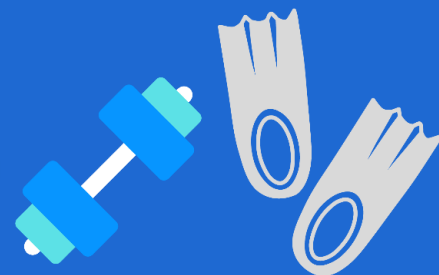


Adult Aquatic

Registration Classes at ABHF



Fall 2023

To register, please visit <https://ascension-mi.regfox.com/adult-aquatics-fall-2023>

All classes are held at Ascension Borgess Health & Fitness.

Registration will be available beginning Monday, August 14, at 8am.

Adult Aquatic Classes:

Fall 1: Oct. 2 - Nov 11

Fall 2: Nov 13 - Dec 23

***No Class: Nov. 23**



Adult Swim Lesson Program

Fall 1 - Registration opens Monday, Aug. 14

Fall 2 - Registration opens Tuesday, Oct 10

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 \$80, ABHF member \$65.

Fall 1- September 5 - October 16

Fall 2 - Oct. 24 - Dec. 9, no lessons Nov. 22-26

M: 6:50-7:40 p.m. (Lap Pool)

W: 6:50-7:40 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 \$80, ABHF member \$65.

Fall 1- September 5 - October 16

Fall 2 - Oct. 24 - Dec. 9, no lessons Nov. 22-26

Tu 6:50-7:40 p.m. (Lap Pool)

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 \$50, 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 \$50, ABHF members do not need to register.

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

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 \$50, ABHF members do not need to register.

W: 10:05-10:45 a.m. (Lap Pool)

F: 10:05-10:45 a.m. (Lap Pool)



**Ascension
Borgess**

HEALTH & FITNESS



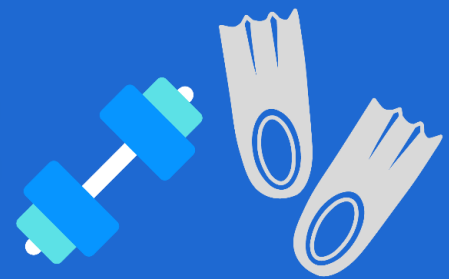
Questions? Contact:

madison.barry@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



Exercise for Everybody

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 \$50 for 1 day/wk, \$75 for 2 day/wk, ABHF members do not need to register.

Tu: 2:05-2:45 p.m. (Spine/PT Pool)

Th: 2:05-2:45 p.m. (Spine/PT Pool)

Tu & Th: 2:05-2:45 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. Cost \$50, ABHF members do not need to register.

Tu: 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 \$50, ABHF members do not need to register.

M: 10:05-10:45 a.m. (Warm 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 \$50.

Call to Schedule (Warm Pool)

Prenatal Water Exercise

This class will reward you with wellness benefits for you and your baby. Safe exercise during pregnancy increases flexibility, improves recovery time after childbirth, and improves emotional well-being. Water workouts are less stressful on the body and minimize

the risk of injury, cause less abdominal heaviness and low back pain, and enhance blood flow. Cost \$60 for non-members, \$30 for members;

Registration opens 8/14

Fall 1 - September 5 - October 16

Fall 2 - October 24 - Dec 9 (No class Nov. 23)

M: 6:30-7:15 p.m. (Lap Pool)

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 \$50; ABHF members do not need to register.

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

Tu: 6:15-6:55 p.m. (Warm Pool)

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

Th: 6:15-6:55 p.m. (Warm Pool)

Water Exercise

Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels. Cost \$50, ABHF members do not need to register.

M: 8:15-8:55 a.m. (Lap Pool)

W: 8:15-8:55 a.m. (Lap Pool)

F: 8:15-8:55 a.m. (Lap Pool)



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Borgess**

HEALTH & FITNESS



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