

TRINITY CENTER

Summer Schedule (July 5, 2017—September 23, 2017)

Aquatic Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Impact Water Aerobics 8:30—9:25a Anita	Slow it Down 9:00—9:55a Candice	Impact Water Aerobics 8:30—9:25a Anita	Slow it Down 9:00—9:55a Candice	Impact Water Aerobics 8:30—9:25a Anita	
	Aqua Body Boot Camp 10—10:55a Candice	Aqua Body Boot Camp 10—10:55a Candice	Aqua Body Boot Camp 10—10:55a Candice	Aqua Body Boot Camp 10—10:55a Candice	Combat H2O II 10—10:55a Jerry	
	Combat H2O 12—12:55a Jerry	Shallow/Deep Water Aerobics 11—11:55a Candice	Combat H2O 12—12:55a Jerry	Shallow/Deep Water Aerobics 11—11:55a Candice		
		Combat H2O 6—6:55a Jerry		Combat H2O 6—6:55a Jerry		
		Deep Water Running 7:15—8:10p				

TRINITY CENTER AQUATIC PROGRAMS

Membership Office Phone: 202-884-9092

Registration: Pre-registration is required for all fitness classes at the Membership Office.

We accept cash, check or credit card (Visa, MasterCard, American Express or Discover).

Hours of Operation: M – Th: 6am - 9pm / Fri.: 6am - 8pm / Sat.: 8am - 4pm / Sun.: 9am - 4pm

SUMMER QUARTER GROUP EXERCISE PROGRAMS— *we highly recommend you see your physician prior to taking an exercise class. July 5—September 23, 2017. Drop ins are welcome!*

AQUATIC CLASSES DESCRIPTIONS

Aqua Body Boot Camp Workout: An hour long workout which includes strengthening and toning exercises for abs, arms, and legs with a cardiovascular foundation. Dumbbells, water noodles and playground kick balls will be used to increase resistance and intensity for the whole body. This class is designed for the more advanced water aerobics participants. **Note: Participants must bring their own water resistance ball (see instructor for details).** **MTWTH 10am - 10:55am Cost: \$60**

COMBAT H2O: Targets cardiovascular health created by water resistant exercises for your heart and your muscles. Also, Combat H2O promotes abdominal and torso training, stabilizer work including weight-filled movements, stability and balancing, and resistant. **MW 12pm - 12:55pm Cost: \$45 or TTH 6pm - 6:55pm, \$45 (MW classes are separate from TTH classes)**

COMBAT H2O II: Performed primarily, in deep water with or without a floatation belt and challenges each participant to stay afloat throughout the duration of a particular routine with nominal breaks. Deep water running is a stable set in Combat H2O II. **F 10:00am-10:55am Cost: \$25**

Deep Water Running: Learn how to run correctly with or without flotation devices. Deep water running has many health and fitness benefits. **T 7:15 pm - 8:10pm Cost: \$25**

Impact Water Aerobics: An hour-long high and low impact water aerobics class designed to strengthen and tone the total body. Extra time is given to performing basic aerobic moves correctly for maximum benefit. Participants also become better acquainted with their bodies to discover what works best for them. The class moves in shallow water most of the time. It is suitable for all levels. **MWF 8:30am - 9:25am, Cost: \$50**

Shallow/Deep Water Aerobics: This is a swim water aerobics class. Moving from shallow to deep water using fins/flippers, **whhee!** We will also use dumbbells, kickboards, water noodles and playground kick balls which will increase resistance and intensity for the whole body. This hour long workout includes strengthening and toning exercises for abs, arms, and legs with a cardiovascular foundation. You will also fine-tune your swim form by working on breathing and various swim strokes. **Swim experience is required. TTH 11am - 11:55am Cost: \$45**

Slow it Down Water Aerobics Exercise Class for Beginners: This is a low-level, low-impact shallow water exercise class utilizing water walking and aerobic exercise to building better balance, agility, cardiovascular endurance and range of motion. So take the plunge and discover the many benefits of having more fun and a healthier lifestyle. **TTH 9am - 9:55am. Cost: \$45**

Important Dates

CLOSED

Independence Day— July 4th

Labor Day - September 4th

Class Price List

Aqua Body Boot Camp - \$60

Combat H2O II - \$25

Combat H2O (MW) or (TTH) - \$45

Combat H2O (TTH) - \$45

Deep Water Running - \$25

Impact Water Aerobics - \$50

Shallow/Deep Water Aerobics - \$45

Slow It Down - \$45