

AQUATIC CROSS-TRAINING CENTER

Group Fitness Classes

June 2017

Cornerstone's Aquatic Cross-Training Center (XTC) allows **everyone** to realize the benefits of water-based exercise. **You don't have to be a "swimmer"** to get a great workout—most classes are shallow-water or utilize buoyancy aids. The water's variable resistance makes our classes **appropriate for beginners** but simultaneously **challenging for even elite athletes**.



Drop-In Group Fitness Classes

class fees: \$7 (mem.) / \$8 (prog. pass) • no reservation necessary • multi-class punch-cards are also available (great value!)

Traditional Water Fitness

fun, energizing workouts (~50 min.) using the water, your body, & occasional water-weights or buoyancy aids.

Day & Time	Class	Instr.	Pool
Mon. 9:05AM	Deep H2O	Bonnie	Lap
Mon. 10:15AM	Arthritis Aq. Ex.	Bonnie	M.P.
Mon. 11:00AM	Aqua Aerobics	Bonnie	M.P.
Wed. 9:05AM	Aqua Interval	Max	Lap
Wed. 10:15AM	Arthritis Aq. Ex.	Max	M.P.
Wed. 11:00AM	Aqua Aerobics	Max	M.P.

Aqua-Cycling

our revolutionary underwater stationary bikes provide an amazing 45-minute workout! (All classes take place in Lap Pool.)

Day & Time	Class	Instr.
Tues. 9:00AM	Pedal Pushers	Max
Tues. 10:15AM	Beginners' Spin	Max

Classes will not run with fewer than three participants.

1. **REFUND & MAKE-UP POLICY.** Class fees will be refunded only if: (a) You withdraw more than 5 days prior to the start of the class; or (b) In the event of over-enrollment or a cancelled class.

No make-up or substitute classes are available.

- The Program Pass is valid for one year—registration fees are non-refundable.
- Class duration includes time allowance for set-up and take-down.
- Low Usage members are eligible for Member rates for classes during Low Usage hour only—Program Pass rates apply for classes outside Low Usage hours.
- Personal training (water- and/or land-based) is also available.
- Class fees are subject to change.

POOL CLOSED
Memorial Day &
July 4th
No Classes

*schedules & additional information are always available online at www.swimcornerstone.com
questions? Call us at **521-3242***