






























Dynamic Dimensions Moss Bluff

Group Fitness Schedule

Fall 10































MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle	
5:15 am		 Jackie									5:15 am	
8:00 am										 8:15 varies	8:00 am	
8:30 am	 Robin	 Keyon		 Chris		 Robin		 Dean/Keyon		 varies	8:30 am	
9:00 am											9:00 am	
9:30 am	 Pam	 Keyon			 Robin	 Pam		 Pam		 varies	9:30 am	
10:00 am											10:00 am	
10:30 am	 Keyon	 Jenn									10:30 am	
11:00 am											11:00 am	
4:00 pm										FITNESS CENTER HOURS M - TH 5 AM - 9 PM FRIDAY 5 AM - 8 PM SAT 8 AM - 1 PM SUNDAY 1 PM - 5 PM		4:00 pm
4:30 pm	 Jackie			 Pam		 Keyon		 Lacy/Robin		Child Care Hours M-TH 7:30 AM - 8 PM FRIDAY 8 AM - 6 PM SAT 8:00 AM - 11:30 SUNDAY CLOSED		4:30 pm
5:00 pm											5:00 pm	
5:30 pm	 Pam	 Brett	 Christine	<i>Youth Fitness</i> Tamsy	 Pam		 Keyon				5:30 pm	
6:00 pm											6:00 pm	
6:30 pm	 Neely		 Carla			 Annie	 Candace				6:30 pm	
7:30 pm											7:30 pm	

*Instructors subject to change

GFR = Group Fitness Room
Cycle = Cycle Room

Effective 11/5/10

Dynamic Dimensions Sulphur Group Fitness Schedule Fall 10

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling
5:15 am	 Tressie			 Julie		 45 minutes Rebekah		 Julie	 Toni			
6:15 am				Cycling Brian				Cycling Brian				
8:15 am	 Suzy		 Chris		 Toni		 Christine		 Chris		 8:15 varies	
8:30 am											 varies	
9:15 am			 Christine		 Toni		 Suzy					
9:30 am		 Chris								 Annie	 varies	
10:15 am								Cycling (45 mins) Chris				
10:30 am												
11:30 am											SUNDAY	
12:00 pm												
2:00 pm											FITNESS CENTER HOURS	
4:30 pm	 Lacy	 Julie	 Candace		 Candace		 Bridgett				M - TH 5 AM - 9 PM	
5:00 pm											FRIDAY 5 AM - 8 PM	
5:30 pm	 Candace		 Toni	Cycling (45 mins) Lacy	 Candace	Cycling (45 mins) Brian	 Neely				SAT 8 AM - 1 PM	
6:00 pm											SUNDAY 1 PM - 5 PM	
6:30 pm	 Candace		 Toni		 Lacy						Child Care Hours	
7:30 pm											M-TH 7:30 AM - 8 PM	
											FRIDAY 8 AM - 6 PM	
											SAT 8:00 AM - 11:30	
											SUNDAY CLOSED	

*Instructors subject to change

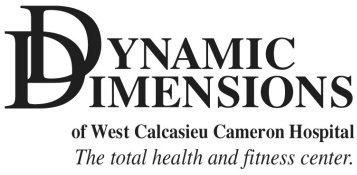
Cycling = Cycling Room

GFR = Group Fitness Room

Effective 11/5/10

Members are welcome to use the pool at all other times

Effective 8/30/2010



MOSS BLUFF AQUATICS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15
9:00 AM	AQUAFIT 9:30 – 10:30		AQUAFIT 9:30 – 10:30		AQUAFIT 9:30 – 10:30
10:00 AM					
11:00 AM	Arthritis Aquatics 10:45–11:45		Arthritis Aquatics 10:45–11:45		Arthritis Aquatics 10:45–11:45
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM		Swim School Level I – 3:30 Level II – 4:15		Swim School Level I – 3:30 Level II – 4:15	
5:00 PM		T.A.S.T.E 5:00 – 6:00		T.A.S.T.E 5:00 – 6:00	
6:00 PM	Group Aquatics 6:15 – 7:15			Group Aquatics 6:15 – 7:15	
7:00 PM					
8:00 PM					

The Pool is closed, with the exception of the Lap Lane, during the Group Fitness Classes

SULPHUR AQUATICS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15		Group Aquatics 8:15 – 9:15
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM	Swim School Level I – 3:30 Level II – 4:15		Swim School Level I – 3:30 Level II – 4:15		
5:00 PM	T.A.S.T.E 5:00 – 6:00		T.A.S.T.E 5:00 – 6:00		
6:00 PM		Group Aquatics 6:00 – 7:00		Group Aquatics 6:00 – 7:00	
7:00 PM					
8:00 PM					

The Pool is closed, with the exception of the Lap Lane, during the Group Fitness Classes

Description of Aquatic Programs

All classes subject to change

Group Fitness (Included with membership)

AQUAFIT	A Safe non-jarring <i>Water Fitness</i> program set to music, of low-impact exercises in waist-to chest deep water. Designed to improve coordination, range of motion, strength and flexibility. A variety of equipment is used. ALL LEVELS
Arthritis Aquatics	A combination of, non-jarring, Aquatic walking exercises, based on stretching, and endurance with focus on increasing range of motion and strengthening muscles. ALL LEVELS
Group Aquatics	A Safe non-jarring <i>cardiovascular</i> exercise that improves strength, flexibility and coordination. It involves the use of low-impact movements in waist-to-chest deep water. ALL LEVELS

Swim School (Additional fee for members, Available to non-members for a fee)

Aqua Babies	\$20.00 month, members \$25.00 month, non-members	Infants - 6 months to 3 years w/Adult Participation. Parent/Guardian instruction on how to teach water exploration using various toys and games emphasizing on basic fundamental maneuvers to aid babies in gaining confidence in and around water.
Level I	\$30.00 month members \$40.00 month non-members	3 to 6 years - Water exploration, Focuses on water safety, facility etiquette, nutrition, body positioning, breathing, and comfort in and around the water
Level II	\$30.00 month members \$40.00 mo. non-members	6 to 12 years – Water Awareness Focuses on water safety, facility etiquette, nutrition, body positioning, breathing, and stroke technique
T.A.S.T.E.	\$35.00 month members \$45.00 mo. non-members	Participants accepted on skill level Breakdown of competitive and safety strokes, Understanding Stroke Technique, turns, Open water safety, nutritional aspects & workouts.

Specialty Programs

Technique evaluation	Free to members	Evaluation of competitive stroke technique
Competitive Technique Training	1 hour session \$15.00 hour for members \$20.00 hour for non-members	Personal Technique Training focusing on body positioning, Stroke, kick, breathing, and efficiency. Workouts designed. Class of 3 or more, \$10.00 each member \$15.00 each non-member
A.W.E. (Adult/Adaptive Water Exploration)	4 - 1 hour sessions \$25.00 member \$30.00 non member	An Adult/Adaptive program aiding the non-swimmer in gaining confidence in and around the water.
N.Y.O.A.P. National Youth Organizations Aquatic Program	Free See Aquatics Specialist	This two level program offers youth organizations time, in an aquatic facility in order to gain safety, survival and rescue skills in a controlled environment as to meet organization requirements.