































Dynamic Dimensions Moss Bluff

Group Fitness Schedule

Winter 12








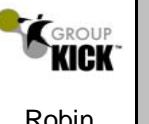





















		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
		GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle	GFR	Cycle		
5:15 am				 Jackie		 Annie								5:15 am	
8:00 am													 8:15 varies	8:00 am	
8:30 am	 Robin			 Keyon		 Chris		 Robin		 Dean/Keyon	 Annie	 varies	8:30 am		
9:00 am													9:00 am		
9:30 am	 Robin			 Keyon	 Robin	 Keyon		 Pam		 Pam		 varies	9:30 am		
10:00 am													10:00 am		
10:30 am				 Toni									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		 Jenn		4:30 pm			
5:00 pm												5:00 pm			
5:30 pm	 Pam	 Annie	 Christine	<i>Youth Fitness</i> Tamsy	 Pam		 Keyon	 Brett				5:30 pm			
6:00 pm												6:00 pm			
6:30 pm	 Pam			 Carla								6:30 pm			
7:30 pm												7:30 pm			
												SUNDAY CLOSED			

*Instructors subject to change

GFR = Group Fitness Room
Cycle = Cycle Room

Effective 2/01/12

Dynamic Dimensions Sulphur Group Fitness Schedule Winter 12

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling	GFR	Cycling	
5:15 am	 Tressie			 Julie	 Toni			 Julie	 Toni				
6:15 am				Cycling Brian				Cycling Brian					
8:15 am	 Suzy		 Chris		 Robin		 Christine		 Chris		 8:15 varies		
8:30 am											 1st,3rd,5th		
9:15 am	 Christine				 Toni		 Suzy		 Robin		 varies		
9:30 am		Cycling (45 mins) Chris						Cycling (45 mins) Chris					
10:15 am													
10:30 am													
11:30 am											SUNDAY		
12:00 pm													
2:00 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 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	 Christine	 Julie	 Toni		 Candace								
5:00 pm													
5:30 pm	 Stacy		 Christine	 Holly	 Christine	Cycling (45 mins) Brian	 Carla	 Holly					
6:00 pm													
6:30 pm	 Carla		 Toni										
7:30 pm													



*Instructors subject to change

Cycling = Cycling Room

GFR = Group Fitness Room



Effective 2/01/12

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		Swim School		Swim School	
4:00 PM		 Lake Area Swim Academy		 Lake Area Swim Academy	
5:00 PM		3:30-6:00		3:30-6:00	
6:00 PM		Group Aquatics 6:15 – 7:15		Group Aquatics 6:15 – 7:15	
7:00 PM					
8:00 PM					

When no classes are scheduled the pool is open for free swim.

Moss Bluff Aquatics Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
8:00 AM	Group Aquatics 8:15 – 9:15 AQUAFIT 9:30 – 10:30 Arthritis Aquatics 10:45–11:45		Group Aquatics 8:15 – 9:15 AQUAFIT 9:30 – 10:30 Arthritis Aquatics 10:45–11:45		Group Aquatics 8:15 – 9:15 AQUAFIT 9:30 – 10:30 Arthritis Aquatics 10:45–11:45			
9:00 AM								
10:00 AM								
11:00 AM								
12:00 PM								
1:00 PM								
2:00 PM								
3:00 PM	Swim School  Swim Academy 3:30-7:45		Swim School  Swim Academy 3:30-7:45					
4:00 PM								
5:00 PM								
6:00 PM						Group Aquatics 6:15 – 7:15 Swim School 7:15-8:15	Group Aquatics 6:15 – 7:15 Swim School 7:15-8:15	Group Aquatics 6:15 – 7:15 Swim School 7:15-8:15
7:00 PM								
8:00 PM								

When no classes are scheduled the pool is open for free swim.

Description of Aquatic Programs

Group Fitness (Included with membership)

AQUAFIT	A Safe non-jarring <i>Water Fitness</i> program set to music that involves 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



Contact Info:

337-244-1652

lakeareaswim.com

Group Lessons

Once-a-Week	30 minute sessions	\$60 monthly for non-members \$55 monthly for members
Twice-a-Week	30 minute sessions	\$100 monthly for non-members \$95 monthly for members
Competition/ Stroke Training	1 hour sessions	\$50 monthly for non-members \$45 monthly for members

Private Lessons

Child (14 and under)	Four 30 minute sessions	\$80 monthly for non-members \$75 monthly for members
Adult (15 and older)	Four 1 hour sessions	\$120 monthly for non-members \$115 monthly for members