

July 2010 Highlights



Family Time Hours
Pool/Basketball/Racquetball
 Tuesday, Thursday, Friday 2pm-4pm
 Saturday 12pm-2pm
 & Sunday 1pm-4pm
Pool Only
 Thursday 7:15-8:30pm &
 Friday 5:30-7:30pm

The Center for Health + Wellness
 www.tchw.org • 417 East Johnson Street • (910) 596-5400



Holiday Hours
 Saturday, July 3 7am-2pm
 Sunday, July 4 Closed
 Monday, July 5 7am-2pm

Tell your friends and family
 Now is the time to join!!
 No Enrollment June 25 - July 31

**Intro to Swim Team/Kids Camp
 for ages 5-12**
2nd session July 27-August 19
 Tues. & Thurs. 12:30pm-5:30pm
 Children will be introduced to swim team;
 therefore, they will need basic swimming skills
 before signing up. Children will also
 participate in a variety of activities in the
 basketball court and aerobics room.
 Come join in the fun! Limited number of
 participants, register early at the front desk.
 \$60 members/\$75 non-members per session

Sports Conditioning Personal Training
 For ages 13 years and up
 Designed to meet your sport specific needs by
 increasing your flexibility, strength, speed,
 timing, hand-eye coordination and agility.
 Inquire with a fitness specialist about packages.

Teen Fit for ages 13-15
 Cardio and strength training workouts with a
 personal trainer in a group setting.
 June 21-August 11
 on Mon & Wed from 1-2pm
 members \$40/non-members \$50

Check out our new equipment!!
 We have a new stretch cage and assisted pull-up
 machine. Please ask a Fitness Specialist for instructions.

Just as a reminder....
 Always place a lock on the half lockers while you are
 here to ensure the safety of your belongings.

Swim Lessons




July 6-July 15 (Tues-Thurs)
 3-5 yr olds 11:30am-12:00pm
 3:30pm-4:00pm
 4:30pm-5:00pm
 6:30pm-7:00pm
 7:00pm-7:30pm
 6-10 yr olds 10:30am-11:00am
 3:00pm-3:30pm
 4:00pm-4:30pm
 7:30pm-8:00pm

July 27-Aug 5 (Tues-Thurs)
 3-5 yr olds 11:00am-11:30am
 11:30am-12:00pm
 3:30pm-4:00pm
 4:30pm-5:00pm
 5:00pm-5:30pm
 6-10 yr olds 10:30am-11:00am
 3:00pm-3:30pm
 4:00pm-4:30pm
 Children-\$35 members/\$50 non-members

Register at the front desk (596-5400).
 Payment must be made upon registration.
****More times may be added depending on
 availability of instructor and facility schedules.**

Reserve your birthday
 pool party for August
 Call Lynn @ 596-5400



Pool Parties Already Scheduled
 for 11:00-1:00pm on
 July 10, 17, 24, 31

HOURS OF OPERATION
 MONDAY-THURSDAY 5:30AM-9:30PM
 FRIDAY 5:30AM-8:00PM
 SATURDAY 7:00AM-2:00PM
 SUNDAY 1:00PM-5:00PM

PLAYCENTER HOURS
 MONDAY & WEDNESDAY 3:30PM-7:30PM
 TUESDAY & THURSDAY 8:00AM-11:00AM



July 2010 – Summer Schedule

The summer schedule will be modified on a monthly basis depending on interest in class and instructor availability. Please make note of these exciting summer schedule changes for JULY 2010:

- Happy July 4th – No fitness classes today!
- No Yoga class at 9 am on Monday, July 12. Please give the July 12 Monday 6 am - Sunrise Yoga – class a try!
- Zumba Gold now offered on Mondays, too - except for July 5th
- Please note Friday morning spin now begins at 8:15!

Group Fitness Class Descriptions

30/30 (Cardio/Strength) - 30 minutes each of cardio (step or hi/low) & strength (weights, bands, bars, balls—what ever the instructor chooses!) High intensity.

30/30/30 (Cardio/Strength/Core) - add 30 minutes more of core training (abs/gluts, legs—mat work) to 30 minutes of Cardio and 30 minutes of strength. High intensity.

Step - Challenging cardio class—choreographed on the bench, ends with a few minutes of Ab work and a quick but relaxing cool down. High intensity.

Step-n-core - Add 30 minutes of Core strengthening to the step class

Fat Burner - A variety of formats—step, hi/lo, bands, balls—keep it fun. Moderate intensity.

Yoga - Invigorating class of stretches & postures—increases flexibility and strength and soothes your soul. Low intensity.

Strength or Strength-n-tone - High-intensity strength-training with cardio work for real results. We'll use weights, bands, bars, balls! Moderate intensity

Zumba - Easy-to-follow latin-type dance steps. Fun and addictive! Moderate Intensity.

Zumba Gold is a little slower paced!

Instructor's Choice – any of the above, definitely worth your while. Moderate intensity.

SPIN – A high energy, non-impact indoor bicycle ride – integrates music, camaraderie and fun.

Water Class Descriptions

Power Plunge - In the swimming pool

High energy, minimal impact! A great way to improve cardiovascular fitness and muscle tone.

Safe for all fitness levels and swimming skills are not needed.

Warm Water Class - In the warm water therapy pool Please note changes in free swim times.

Slow, rhythmic movements help improve strength, balance and range of motion. Also helps relieve discomfort caused by hip, knee, or back problems, arthritis, and fibromyalgia.

July 2010 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
6 - 7 am Yoga	6 - 6:45 am SPIN		6 - 6:45 am SPIN	See TIME change!!	
5 No class 12 Nancy 19 Lisa 26 Heather	6 Mitchell 13 Lisa 20 Mitchell 27 Mitchell		8 Lisa 15 Janice 22 Janice 29 Lisa		
8 - 9 am *Cardio/Strength	8 - 9:30 am Step-n-Core	8 - 9 am *Cardio/Strength	8 - 9:30 am InstructorChoice	8:15 - 9:00 am SPIN	
5 No class 12 Yvonne 19 Christine 26 Christine	6 Yvonne 13 Nancy 20 Yvonne 27 Nancy	7 Christine 14 Robin 21 Christine 28 Robin	8 Nancy 15 Yvonne 22 Nancy 29 Yvonne	9 Janice 16 Janice 23 Janice 30 Janice	
9 - 10 am Yoga		9 - 10 am Yoga			
5 No class 12 No class 19 Christine 26 Christine		7 Christine 14 Heather 21 Heather 28 Robin			
10:30 - 11:30 ZUMBA GOLD **Debra	(**No Zumba Gold on Mon, July 5)	10:30 - 11:30 ZUMBA GOLD Debra			
9:15 - 10 am Power Plunge		9:15 - 10 am Power Plunge		9:15 - 10 am Power Plunge	
5 No class 12 Susan 19 Susan 26 Susan		7 Robin 14 Susan 21 Susan 28 Susan		9 Janet 16 Janet 23 Janet 30 Robin	
10:15 - 11 am Warm Water		10:15 - 11 am Warm Water		10:15 - 11 am Warm Water	
5 No class 12 Susan 19 Susan 26 Susan		7 Robin 14 Susan 21 Susan 28 Susan		9 Janet 16 Janet 23 Janet 30 Robin	

5:30 - 6:30 pm Zumbal	5:30 - 6:30 pm Yoga	5:30 - 6:30 pm Zumbal	5:30 - 6:30 pm Yoga	<p>Notes</p> <p>No classes held on July 5 Center open 7 am - 2 pm</p> <p>No Yoga class on Mon, July 12. Sorry:(</p> <p>Zumba Gold now offered Monday AND Wednesday 10:30 am:)</p> <p>Please note Friday morning Spin will now start earlier at 8:15 am!</p>	
5 No class 12 Elizabeth 19 Kristen 26 Elizabeth	6 Nancy 13 Heather 20 Heather 27 Heather	7 Elizabeth 14 Elizabeth 21 Elizabeth 28 Kristen	8 Heather 15 Nancy 22 Heather 29 Nancy		
5:30 - 6:15 pm SPIN		5:30 - 6:15 pm SPIN			
5 No class 12 Tonya 19 Tonya 26 Janice		7 Janice 14 Lisa 21 Lisa 28 Tonya			
6:30 - 7:30 pm STEP	6:30 - 7:30 pm Stength-n-tone	6:30 - 7:30 pm STEP	6:30 - 7:30 pm Stength-n-tone		
5 No class 12 Tonya 19 Tonya 26 Lisa	6 Kristen 13 Yvonne 20 Tonya 27 Yvonne	7 Tonya 14 Lisa 21 Lisa 28 Tonya	8 Yvonne 15 Nancy 22 Yvonne 29 Christine		
6:15 - 7 pm Power Plunge	6:15 - 7 pm Power Plunge		6:15 - 7 pm Power Plunge		
5 No class 12 Janet 19 Janet 26 Nancy	6 Jan 13 Jan 20 Jan 27 Jan		8 Jan 15 Jan 22 Jan 29 jan		