

# The Center for Health + Wellness

www.tchw.org • 417 East Johnson Street • (910) 596-5400

Attention Members:

Beginning July 1st

Membership will be lowered to age

14. For more information, please stop by our front desk.

# July 2009 Highlights



**Holiday Hours**  
**July 3 5:30am-2pm**  
**July 4 closed**

### Spread the Word!! Open to the Public

Free Health Screenings for blood pressure, cholesterol, glucose, weight, and body fat percentage!  
**Wednesday, July 22 2pm-3pm**  
 Also guests may enjoy a complimentary pass for the day. Just sign in at the front desk.

### What's NEW

N-Nutrition! E-Exercise! W-Weight Management!  
 Join us for tips to lead a healthier lifestyle  
**Wednesday, 12:15-1:00pm**  
**July 22, E-Exercise!**  
 Please register at the front desk

### Supper Club-Heart Healthy Foods

Join us for practical and healthy cooking tips while sampling delicious food.  
**Thursday, July 16 7-8pm**  
 Please register at the front desk.



Are you covered? Don't get burned this summer. Get your SPF (Summer Personal Fitness) 30 or 45 workout with a personal trainer. Maximize your workouts in less time. Inquire at the fitness desk about pricing. Only June 1-August 31



### Sport Camps for Athletes ages 13-17

Strength Conditioning July 13-23  
 Mon-Thurs 1-2pm  
 \$40/member \$50/non-member



### Kids Camp for ages 6-12

**Aug 10-Aug 14 1pm-4pm**  
 Children will participate in a variety of activities in the basketball court, pool, and aerobics room.  
 Come join in the fun! Register at the front desk.

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



### Swim Lessons

July 7-16 (Tues-Thurs)

3-5 yr olds	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



July 7-July 23 (Tues & Thurs)

6-10 yr olds	6:30pm-7:00pm
Adults	7:00pm-7:45pm

July 14-July 23 (Tues-Thurs)

3-5 Yr olds	4:00pm-4:30pm
6-10 yr olds	3:30pm-4:00pm
	4:30pm-5:00pm

July 21-July 30 (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.

### 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  
**\*\*For your children/grandchildren ages birth to 13\*\***

Pool Parties Already Scheduled  
 for 11:00-1:00pm on  
 July 11, July 18, July 25

### 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 2009



Due to limited instructor availability please note the changes in schedule. Thank you for understanding.

\*\*\*8 am Tuesday/Thursday - now 1 1/2 hour class! Step -n-core!

\*\*\*10 am Monday/Wednesday - now 10 am Tuesday/Thursday! ZUMBA!

July 2009 Group Fitness Classes (Group Fitness Room)					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat
8 - 9 am Cardio/Strength 30/30	8 - 9:30 am Step -n-core	8 - 9 am Strength Train	8 - 9:30 am Step -n-core	8 - 9:30 am Cardio(30) Strength(30) Core(30)	See Specials!
9 - 10 am Yoga		9 - 10 am Yoga			
	10 - 11 am Zumba!		10 - 11 am Zumba!	<b>Saturday Specials!</b> <b>July 11</b> 8 am SPIN 9 am YOGA  <b>July 18</b> 8 am Begin Step 9:15 Power Plunge (water)  <b>July 25</b> 8 am SPIN 9 am Step	
4:30 - 5:30 pm Fat Burner		4:30 - 5:30 pm Fat Burner			
5:30 - 6:30 pm Zumba!	5:30 - 6:30 pm Yoga	5:30 - 6:30 pm Zumba!	5:30 - 6:30 pm Yoga		
6:30 - 7:15 pm STEP Express	6:30 - 7:30 pm Stength-n-tone	6:30 - 7:15 pm STEP Express	6:30 - 7:30 pm Stength-n-tone		

Spinning Classes (Spin Studio)					
Monday	Tuesday	Wednesday	Thursday	Friday	
6:00 - 6:45 am SPIN		6:00 - 6:45 am SPIN		6:00 - 6:45 am SPIN	<i>Spin - 45 min, hi-energy indoor bike ride integrates music, camaraderie and visualization</i>
For Begin Spin orientation please call Robin at 596-5406					
5:30 - 6:15 pm SPIN	5:30 - 6:15 pm SPIN	5:30 - 6:15 pm SPIN	5:30 - 6:15 pm SPIN		

Class Descriptions					
<b>30/30 - Cardio or step/Strength</b> 30 min each of cardio (step or hi/low) & strength (weights) <i>High intensity.</i>					
<b>30/30/30 - Cardio/Strength/Core</b> add 30 min more of core training (abs/gluts, legs—mat work). <i>High intensity.</i>					
<b>Step</b> Challenging cardio class—choreographed on the bench, finishes with Ab work. <i>High intensity.</i>					
<b>Light-n-lively</b> Keeps the intensity without the impact, a variety of formats is used. <i>High energy, low intensity.</i>					
<b>Fat Burner</b> A variety of formats—step, hi/lo, bands, balls—keep it fun & fresh. <i>Moderate intensity.</i>					
<b>Yoga</b> Invigorating class of stretches & postures—increases flexibility and strength and soothes your soul. <i>Low intensity</i>					
<b>Strength-n-tone</b> High-intensity strength-training with cardio work for real results. <i>Moderate Intensity.</i>					
<b>Zumba</b> Easy-to-follow latin-type dance steps mixed w/ body sculpting. Fun and addictive! <i>Moderate Intensity.</i>					



# July 2009



Please note the change in the evening schedule.  
 Due to limited instructor availability and low attendance,  
Monday/Wednesday 5:30 pm Warm Water Class  
will no longer be offered.

There will be FREE SWIM time in the warm water pool  
 Monday thru Thursday 4 pm to 9 pm.  
 Thank you for understanding.

Warm Water Schedule (Warm Water Therapy Pool)					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
7 - 10 am FREE SWIM	7 - 10 am FREE SWIM	7 - 10 am FREE SWIM	7 - 10 am FREE SWIM	7 - 10 am FREE SWIM	7 - 11 am FREE SWIM
10:15 - 11 am Warm Water Class		10:15 - 11:00 am Warm Water Class		10:15 - 11:00 am Warm Water Class	
11 am - 1 pm FREE SWIM	11 am - 12 pm SWIM Lessons	11 am - 12 pm SWIM Lessons	11 am - 12 pm SWIM Lessons	11 am - 1 pm FREE SWIM	
	12 pm - 3 pm FREE SWIM		12 pm - 3 pm FREE SWIM	<b>Warm Water Class</b> 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	
	3:30 - 5:30 pm SWIM Lessons	3:30 - 5:30 pm SWIM Lessons	3:30 - 5:30 pm SWIM Lessons		
4 - 9 pm FREE SWIM	4 - 9 pm FREE SWIM	4 - 9 pm FREE SWIM	4 - 9 pm FREE SWIM		

## POOL—Water Classes

### Power Plunge Water Aerobic Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
9:15 - 10 am Power Plunge		9:15 - 10 am Power Plunge		9:15 - 10 am Power Plunge	
6:15 - 7 pm Power Plunge	6:15 - 7 pm Power Plunge		6:15 - 7 pm Power Plunge		

**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.

Please note that swim team is practicing  
 Monday thru Friday from 12 noon to 2 pm

