

AQUA~FIT



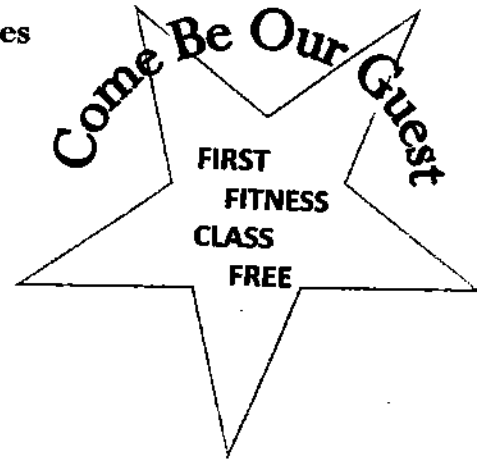
BEST WARM SALT WATER AQUATIC CENTER IN PLANO

Swim, Fitness, Yoga & Wellness Center

AQUA~FIT features Warm Salt/Mineral Water
with an average temperature of 87-89 degrees
and a level pool floor

Warm Salt Water is Better

- ~ More Comfortable
- ~ More Buoyant
- ~ Relaxes Muscles Better
- ~ Increase Blood Flow
- ~ Less Likely to cause negative side effects for allergy sufferers such as asthmatics
- ~ No Harsh Chemical Smell
- ~ It just Feels GOOD



Water (WET) Classes

- ~ **Aquatic Fitness Classes** for all ages, levels and abilities
*Aquatic Aerobics for a greater Cardio workout
to Low Impact for Arthritis*
- ~ **Water Therapy Classes**
Improve circulation, balance, muscle tone, and more
- ~ **Personal Training**
For individual attention we offer personalized training
- ~ **Learn to Swim**-all ages and skill levels
- ~ **Swim Team Skills**-Advanced Swimmers
- ~ **Adaptive Aquatics** for the Special Child
WaterAngels© with Sylvia Baker
- ~ **Home School Programs** Available

Land (DRY) Classes

- ~ **Gentle Yoga Flow**
*Designed for each participant
Easy on joints*
- ~ **Tai Chi**
*Arthritis Foundation Program
Fall Prevention Program-Balance*
- ~ **Circuit Training**
*Strength Training, Muscle Endurance,
Balance and Core Workout*
- ~ **Developmental Yoga for Children**
with Brenda Brazan



GIFT CERTIFICATES AVAILABLE

**For: Swimming Lessons, Wet/Dry Classes
All Values Available
Great for Holidays and Birthdays**

1400 Summit Ave D2 Plano Texas 75074

www.aqualitplano.com

972-578-7946 (SWIM)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Aquatic Revival Moderate + Aquatic Fitness Open Swim 9:45-11:00		Aquatic Revival Moderate + Aquatic Fitness Open Swim 9:45-11:00	Aquatic Revival Moderate + Aquatic Fitness	Aquatic Revival Moderate + Aquatic Fitness	Aqua Blend Moderate + Aquatic Fitness
10:00 AM	 Gentle Yoga Flow For the Joints	Aqua--Waves Low-Moderate		Arthritis Foundation TAI CHI	Aqua--Waves Low-Moderate	Saturday Learn to Swim Now in Progress Call for Times
11:00 AM	Muscles Move to Renew Low Open Swim 11:45-2	Muscles Move to Renew Low	Muscles Move to Renew Low	Muscles Move to Renew Low	My Possibilities Hipsters	Participants are encouraged to exercise at their own pace which will challenge but not overwhelm the participant.
12:30 PM	My Possibilities Hipsters		Open Swim 11:45-2:00 PM		Open Swim 12:00-2:00 PM	Classes available For non-swimmers Please call for <u>more</u> Information
2:00-3:00 PM	Baylor Healthcare Pain Management M/W/F	Learn to Swim Now in Progress Call for Times	Baylor Healthcare Pain Management M/W/F	Open Swim 11:45-4:00 PM	Baylor Healthcare Pain Management M/W/F	
3:15 PM	Swim Team Skills Advanced Swimmers	Mondays	Swim Team Skills Advanced Swimmers			Learn to Swim 8-30 minute lessons Children are grouped by skill level and age Mon &/or Wed or Saturday AM
4:00 -4:45 PM	Water Dynamics Moderate + Open Swim 4:45-5:30	Wednesdays Saturdays	Water Dynamics Moderate + Open Swim 4:45-5:30	Water Dynamics Moderate + Open Swim 4:45-5:30		1400 Summit Ave D2 Plano, 75074 AquaFitplano.com Director-Mimi Conner
5:30 PM	Water Dynamics		Water Dynamics	Water Dynamics	Adult lessons	WaterAngels®
6:15-8:00 PM	Learn to Swim		Learn to Swim Adults 6:50		Wednesday & Saturday	Adaptive Aquatics Director-Sylvia Baker

AQUA~FIT

Swim, Fitness, Yoga & Wellness Center

A Certified Arthritis Foundation Facility

MUSCLE MOVES TO RENEW

Therapeutic Aquatic Exercise &
I.C.E.-I Can Exercise

For: Adults with Fibromyalgia, Arthritis, Pain, Knee/Hip Replacement and other musculoskeletal issues, Diabetes/Circulation, Deconditioned,

A movement re-education warm water exercise program, emphasizing alignment, core stabilization, balance, energy conservation, stimulation for circulation, and breathing techniques through water movements. This program uses the warm water qualities of moist heat, water massage plus support and resistance while exploring the individual's joint range of motion and flexibility.

1. Massage is accomplished by the water's pressure against the entire body while moving through the water.
2. Muscle and mind relaxation is accomplished through supported controlled movements in a pain free range to increase blood flow and nerve conduction.
3. Muscle tone and joint integrity is accomplished through repetition and resistive movements in the water.
 - Improves body (kinesetic) awareness
 - Improves joint/muscle range of motion and flexibility
 - Improves muscle tone, joint support and core stabilization
 - Provides relief to stiff, tired joints associated with inactivity and or standing
 - Stimulates circulation, mind and body relaxation

**MUSCLE MOVES TO RENEW, AQUA PACE, AQUA WAVES
(Each class is 45 minutes) Please call for current schedule**

Objectives: Increase

- Physical activity to 45 minutes a day
- Ease with Activities of Daily Living (ADL)
- Pain free time
- Uninterrupted sleep
- Freedom from pain medications
- Sense of well-being and self-worth

1400 Summit Ave Suite D-2, Plano Texas 75074
214-257-7637 972-578-SWIM (7946)
aqualitplano@verizon.net



SWIM, FITNESS, YOGA
WELLNESS CENTER

Our Prices

2010 Monthly Fees

\$35 —2010 Yearly Processing/Enrollment Fee

Monthly Fees

Class Description

\$35.00

1 Aquatic Fitness Classes Per Week

\$45.00

2 Aquatic Fitness Classes Per Week

\$55.00

3 Aquatic Fitness Classes Per Week

\$65.00

Unlimited Aquatic Fitness Classes

\$20.00

Add land Classes Tai Chi & Gentle Yoga

\$10.00

Drop-In Fitness Classes

\$65.00

Land Classes Only *Tai Chi & Gentle Yoga*

Contact Sylvia

Pilates with Sylvia-

WaterAngels™ for the Special Child

\$120.00-8 Classes

Advanced Swimmer-Skills-Swim Team

\$35.00 - \$65.00 Per Class

Private Learn to Swim Class Children & Adult

\$120.00 Per Session

Children 8-30 Minute Lessons

Group Learn to Swim Lessons

Adult 6-45 Minute Lessons

Pool, Classrooms and Studio Rental for Parties & Events

Gift Certificates Available for Holidays, Birthdays and All Occasions

Give the Gift that keeps on Giving

Monthly Fees cannot be pro-rated except for new clients

Please remember that you are reserving your space not your attendance

Aquafitplano.com

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