



ALTOONA CAMPUS

JANUARY - MAY 2012 PROGRAM CATALOG

**LOOK WHAT
ALTOONA CAMPUS
HAS TO OFFER....**

Fitness Class Schedule....2

Fitness Classes....3-4

Running Club...4

Women On Weights...4

Group Personal Training....5

Youth Class Schedule...6

Youth Swim Lessons...6

Youth Recreation...7

Sports Leagues...8

Certifications...9

Aquatic Fitness...10

Indoor Pool Schedule....11



healthiest
— state —
initiative

Altoona Campus Wellness Challenge

The Altoona Campus, in conjunction with Live Healthy Iowa, is offering a 100 Day Wellness Challenge to our members and community members. Over the course of 100 days, teams of 2 to 10 people will compete in a friendly competition tracking activity minutes and/or weight loss through the Live Healthy Iowa website.

The cost of the 100 Day Wellness Challenge is regularly \$20, but a \$5 discount is available by using the Hy-Vee discount code. The code, **LH2468**, is good for \$5 off each team member's fee and can be redeemed at time of online registration.

To register, go to www.livehealthyiowa.org and enter **LHICAMPUS** in the Group ID box located on the right-hand side of the homepage. To register, team captains will need to select a team name and know each members name, email address and t-shirt size.

With your registration you will receive the following:

- T-Shirt
- Weekly motivational e-mails
- Personal tracking page with daily journal
- Unlimited access to recipes, workouts and health information
- Chance to win team incentives and individual prizes

Registration opens up in December and the challenge runs from Jan. 23–May 1, 2012. Contact Amy McAllister at 967-0788 or amcallister@altoonacampus.com for more information or help in establishing a team.

NEW YEAR'S RESOLUTION CHALLENGE

In this eight week kick-start to the New Year, participants will compete not only to lose weight, but also to live healthy lifestyles. Each week, participants will receive daily workouts from a trainer in addition to a Saturday group workout led by a personal trainer. Two participants will win prizes; one for losing the most weight and one for racking up lifestyle points. Earn lifestyle points by seeing your doctor, participating in a fitness event (5K, sports league, etc.), attending a fitness class for the 1st time, or regular attendance in any fitness class.

Register at the front desk today to tart the new year off right! Space limited to 25.

Dates: January 9th – March 3rd

Costs: \$25 Members/\$100 Non-Members

*includes an 8 week membership, full access to the facility, fitness classes, and the program.

Led by: Pat Smith

**CONTACT YOUR FRIENDS AT
ALTOONA CAMPUS**

Phone - (515) 967-0788

Fax - (515) 967-2446

E-mail - info@altoonacampus.com

Online @ www.altoonacampus.com

altoona campus

strengthening *body, mind, community*

1500 8TH STREET S.W. ALTOONA, IOWA 50009
www.altoonacampus.com

altoona campus

strengthening *body, mind, community*



JANUARY - MAY 2012 PROGRAM CATALOG

Hours of Operation

Monday - Friday 5 a.m. - 10 p.m.

Saturday 7 a.m. - 7 p.m.

Sunday 9 a.m. - 7 p.m.

The indoor pool closes 1hr prior to the rest of the facility.

Holiday Hours:

December 24th (Christmas Eve) 7a.m.- 3p.m.

December 25th (Christmas Day) CLOSED

December 31st (New Years Eve) 7a.m.- 3p.m.

January 1st (New Years Day) 9a.m.- 3p.m.

April 8th, (EASTER) CLOSED

May 28th (Memorial Day) 7a.m. - 3p.m.

Please remember fitness classes & childcare are not conducted on holidays.

Save The Dates!

January 13th 5 -8 a.m. FREE BODY FAT TESTING

January 14th 7-9 a.m. & 1-6 p.m. FREE BODY FAT TESTING

March 2nd 5:30-7:30p.m. MARCH MADNESS FITNESS FRENZY

INDOOR POOL SCHEDULE

	LAP SWIM	OPEN SWIM	WATER EXERCISE	SWIM LESSONS	SWIM TEAM
MON	5:00A.M. -4:45P.M. 8:00P.M-9:00 P.M. (1-4 Lanes) *Pool closed due to swim lessons 5-8P.M. (Feb 6th - Mar 7th) (Mar 26th - April 25th)	5:00A.M. -4:50P.M. 8:05 - 9:00P.M. *Pool closed due to swim lessons 5-8P.M. (Feb 6th - Mar 7th) (Mar 26th - April 25th)	DAWNFIT 5:30-6:30AM AQUAFIT 7:45-8:30AM SPRINGBOARD 9:00-9:45AM AQUAFUN 10:00-11:00AM	5:00-8:00PM (Feb 6th - Mar 7th) (Mar 26th -Apr 25th)	
TUES	5:00A.M. - 5:40P.M. (1-4 Lanes) 6:30-9:00P.M.	5:00A.M. - 4:30P.M. * No open rec swim available from 4:30-7:20P.M. 7:20-9:00P.M.	HYDROTONE 8:00-8:45 J ' INGLE JUICE 11:15AM-Noon HYDRO-SPIN 5:15-6:20PM HYDROSHAPE 6:30-7:15PM HYDROMAX 7:30-8PM		
WED	5:00A.M. - 4:45P.M. 8:00P.M.- 9:00 P.M. (1-4 Lanes) *Pool closed due to swim lessons 5-8P.M. (Feb 6th - Mar 7th) (Mar 26th - April 25th)	5:00A.M. -4:50P.M. 8:05P.M. - 9:00P.M. *Pool closed due to swim lessons 5-8P.M. (Feb 6th - Mar 7th) (Mar 26th - April 25th)	DAWNFIT 5:30-6:30AM AQUAFIT 7:45-8:30AM SPRINGBOARD 9:00-9:45AM AQUAFUN 10:00-11:00AM	5:00-8:00PM (Feb 6th - Mar 7th) (Mar 26th -Apr 25th)	
THURS	5:00A.M. - 5:40P.M. (1-4 Lanes) 6:30.-9:00P.M.	5:00A.M. - 4:30P.M. * No open rec swim available from 4:30-7:20P.M. 7:20-9:00P.M.	HYDROTONE 8:00-8:45 J ' INGLE JUICE 11:15AM-Noon HYDRO-SPIN 5:15-6:20PM HYDROSHAPE 6:30-7:15PM HYDROMAX 7:30-8PM		
FRI	5:00A.M. - 9:00P.M. (1-4 Lanes)	5:00A.M. -9:00P.M.	DAWNFIT 5:30-6:30AM AQUAFIT 7:45-8:30AM SPRINGBOARD 9:00-9:45AM AQUAFUN 10:00-11:00AM		
SAT	7:00A.M-9:30A.M.(1-4 Lanes) 10:30A.M.-6P.M.(1-4lanes) *No Lap swim 9:30-10:30a.m.	10:30A.M. - 6:00P.M.	WATERWORKS 8:45-9:30AM	Adult Lessons 9:30 - 11:45a.m.	
SUN	9:00A.M.-4:30P.M. (1-4 Lanes)	9:00A.M. - 4:30P.M.			4:30-6:30PM (Jan 8th - Mar 4th)

AQUATIC FITNESS PROGRAMS

ADULT LEARN TO SWIM

Afraid of the water? Never learned to swim?
Saturdays, 10:45 - 11:45a.m.

Session 1: Feb. 11 – Mar. 10 (5wks.)

Session 2: Mar. 31 – Apr. 28 (5wks.)

COST: Members \$40 per session
Nonmembers \$80 per session

Register at the Front Desk Max. of 6 participants.

ADULT STROKE CLINIC

Adult lap swimmers and multi-sport athletes work on stroke technique and endurance. Become a more efficient freestyle swimmer and learn specific drills and techniques used by international swimmers. No timing. No Clocks. No counting laps. Focus on technique and repetition will develop muscle memory. This program is conducted by certified Coaches.

Saturdays, 9:30 – 10:45a.m.

Session 1: Jan. 7th – Feb. 25th (8 wks.)

COST: \$80

Register at the Front Desk, Max of 8 participants.



SMOOTH-SWIM

Endurance swimmers and Triathletes. Workouts of 2,000yds. to 5,000yds. Practice open water techniques along with pool swimming drills. Personalized coaching from our certified Triathlon Coach. Improve technique, speed, and endurance. Become a smooth swimmer.

Saturdays 9:30am – 10:45a.m.

Session 1: Mar. 3rd – April 28th (8 wks.)

COST: \$80

Register at the Front Desk, MAX of 8 participants.

AQUATIC FITNESS CLASSES

Aquafit - A shallow water class involving more effort and more equipment than Springboard. A good warm-up and stretch, followed by 20 minutes of cardiovascular work, 20 minutes of strength and conditioning work.

Mon/Wed/Fri 7:45-8:30 a.m.

Aquafun - A shallow water class focused on fun. Unique ways to create resistance using beachballs, kickboards, noodles, water toys, and dance moves.

Mon/Wed/Fri 10:00-11:00 a.m.

Dawn Fit - Let the music move you. A great start to the morning. A combination of deep and shallow water exercises using a variety of flotation aids.

Mon/ Wed/ Fri 5:30-6:30 a.m.

Hydroshape - Join us for aquatic exercise designed to promote weight loss.

Tuesday/Thursday 6:30-7:15 p.m.

Hydromax - A deep water only program. You will be attached to the wall with a bungy cord while wearing a jogging belt. Very demanding and intense.

Tuesday/Thursday 7:30-8:00 p.m.

Hydrotone - A deep water program designed to maintain the efficiency of your heart and lungs.

Tuesday/Thursday 8:00 – 8:45 a.m.

J'Ingle Juice - A fun class that combines elements and equipment from all of our shallow water classes. FUN is the key word. Get the Juices flowin'.

Tuesday/Thursday 11:15 a.m. - Noon

Springboard -A shallow water class that caters to all levels of ability. Join us for some walking, toning, balance work, and stretching. A great class for the novice, and a great "Springboard" to the next level.

Mon/ Wed/ Fri 9:00-9:45 a.m.

WaterWorks -It really does! - Experience something different each week.

Saturday 8:45 - 9:30 a.m.



CERTIFICATION COURSES

American Red Cross - Lifeguard Training



WATERFRONT LIFEGUARD - (Pool AND open water)

The basic Lifeguard course includes First Aid, and CPR/AED for Lifeguards. This course also includes training in skills and use of equipment for open water situations rivers, lakes, multi-sport events, recreational activities.

COURSE 1: Tues/Thurs Jan 3rd- Feb 9th
6:00-9:00p.m.

COURSE 2: Sat/Sun Jan 7th - 22nd
9:00a.m. - noon & 1:00-4:00p.m.

COURSE 3: Sat/Sun Jan 28th - Feb 12th
9:00a.m. -noon & 1:00-4:00p.m.

COURSE 4: Tues/Thurs/Sat Feb 14th - Mar 12th
Tue/Thurs 6:00-9:00p.m. Sat 9:00-noon

Registration: Beginning December 1st, at the Front Desk
Cost: \$178

CPR/AED for LIFEGUARDS

All certified Lifeguards are required to update their CPR/AED certificate each year. There are 2 options -

1. Challenge the course: Successfully pass the written test and perform all course related skills with no assistance. Those who fail must complete a 6 hour course in order to obtain their new certificate.

2. Register for one of the following 6 hour courses:

COURSE 1: Mon/Wed Mar 19th & 21st 9:00a.m. - noon

COURSE 2: Tues/Thurs Mar 20th & 22nd 9:00a.m. - noon

COURSE 3: Tues/Thurs May 22nd & 24th 8:00 -11:00a.m.

COURSE 4: Tues/Thurs May 29th & 31st 8:00 - 11:00a.m.

Registration: Beginning December 1st, at the Front Desk
Cost: \$50

S.C.U.B.A.

Instructor: Matt Leydens at 288-6312

Courses: Jan 14th - Feb 18th

Mar 31st - May 5th

Saturdays: 9:00a.m.- 2:00 p.m.

Cost: \$275 per person

American Red Cross W.S.I. Training

Become certified to teach ALL levels of the Learn to swim program. Also teach adult lessons, water safety programs, Sun safety, Safety training for Swim Coaches, Longfellows Whales Tales, and Adapted Aquatics programs. Must be 16 years of age.

COURSE 1:

Mon Mar. 12th 5:00-6:30p.m. (pre-req)

Mon./Wed Mar. 14th - Apr. 18th

5:00-9:00p.m.

Final test: Sat. Apr. 21st 10:45a.m. - 12:45p.m.

Registration: Beginning Dec. 1st, at the Front Desk.

Cost: \$178

American Red Cross – L.G.I. Training

Become certified to teach The Lifeguard Training course, along with all of its accompanying components:- CPR/AED for Lifeguards, Oxygen administration, First Aid, Guardstart, and Water Safety. Maximum of 12 participants.

Pre-requisite requirements:

Must be 17 years old by the last day of the course.

Have current Lifeguarding certificate, Fundamentals of Instructor Training, or other ARC Instructor certifications.

Please contact Mike Foote Aquatics Director for additional pre-requisite skills. At 967-0788 ext. 227 or Aquatics@altoonacampus.com.

COURSE 1: Mon/Tues/Thurs 5.30p.m. – 9.30p.m.

Apr. 30th. - May 10th.

(Class Rm. / Pool each day)

FINAL TEST: Mon. May 14th 5.30p.m. – 9.30p.m.

Registration: Begins December 1st, at the Front Desk.

Cost: \$278

(Payment required on the first day of the course)

American Red Cross Courses

Adult, Child, and Infant CPR/AED

Tuesday, February 7th from 6-8 p.m. **Cost:** \$50

Babysitting

Sunday, May 6th from 12-6:30 p.m. **Cost:** \$70

Minimum of 3 students and maximum of 12 students per Red Cross Course.

Register at the front desk or contact Amy McAllister at 967-0788 ext. 224. amcallister@altoonacampus.com.

SPORTS PROGRAMS

Altoona Swim Club



Registration Dates and Times

Tue.Wed.Thur. Dec.6th,7th,8th 5:30-7p.m. (at SEP High pool)
Tue. Thur. Dec. 27th,29th 5:30pm – 7p.m. (at the Campus)
Tue.Wed.Thur. Jan.3rd,4th,5th 5:30-7p.m. (at SEP High pool)

Age Group Program - Coach Jim Clearman

Children ages 7–17, OR demonstrate the following strokes for 25 yards:- Freestyle, Backstroke, and Breaststroke.

Training Schedule: Jan. 3rd - Mar. 4th

Tues & Thurs 5:30-7:30p.m. (SEP high school)
(7-10yrs old 5:30-6:30pm 11yrs + 6:30-7:30pm)

Sun: 4:30 - 6:30 p.m. (At Altoona Campus)

Costs: Members: \$83 Nonmembers: \$124

**Additional children from the same family Members \$56 per person Non members\$83.00 per person*

Elite Program - Coach Aubrey Welp

The Elite program is based primarily on the ability of the swimmer as opposed to the swimmer's age.

Training Schedule

Session 1: Jan. 3rd - Mar. 4th

Mon - Thurs 5:30 - 7:00p.m. (SEP high school).

Sun 4:30-6:00p.m. (At Altoona Campus)

Cost: \$152 (9 week session) **Additional children from the same family \$100 per person.*

Stroke Clinic

Times: Tuesday and Thursday 4:30 - 6:30p.m.

(coach will give you practice times based upon skills)

Dates: Mar. 27th - May 10th

Registration: Begins Jan. 1st at the Campus Front Desk.

Cost: Members \$40.00 Nonmembers \$80.00

ADULT CO-ED RACQUETBALL LEAGUE

Altoona Campus offers a competitive and recreational division in this fun and social 8-week league. Matches will be played on Sunday evenings beginning at 5:00 p.m. The top 8 players in each division will play in the tournament to be held on November 20. The winner of each division will receive a gift card to Scheel's.

League Dates: Jan 22 – March 11.

Tournament will be held on March 11.

Cost: \$20 Members/\$40 Non-Members

Location: Altoona Campus Racquetball Courts

Please register at the front desk through Jan 15.

SPRING WEE-BALL!



The Altoona Campus offers a t-ball league for 3-5 year olds! The "Wee Play T-Ball League", or "Wee Ball" for short, consists of two divisions: 4 & under and 5 & under.

The rules and equipment are age-appropriate for each division and promote hustle, skill development, and teamwork!

To play in the 4U Division, players must be at least 3 years old by April 30, 2012. To play in the 5U Division, players must be at least 4 years old by April 30, 2012. All practices and games will be played on the mini-fields at Lions Park. Each team will have one game on a week-day evening and one game on Saturday. The league will run April 23rd – May 19th (4 weeks).

Registration Dates:

Monday, Mar 26th – Thursday, Mar 29th 5:00-7:00p.m.

Saturday, Mar 31st 10a.m.-Noon

Registration will be held at the Altoona Campus, on a first-come, first-serve basis. Payment is due at time of registration. Forms received after March 31st will be placed on a waiting list.

Division guidelines, rules and additional forms are available online at www.altoonacampus.com

Junior (4th - 8th grade) RACQUETBALL LEAGUE

Participants will enjoy 2 racquetball clinics that will be held January 22nd and 29th from 3-5p.m. League play will begin on February 12th and one league game per week will be played. Don't miss out on the fun! Register at the front desk by January 12th, space is limited.

League Dates: Feb. 12th - Mar. 18th

Cost: \$10 per player

Location: Altoona Campus Racquetball Courts
Please register at the front desk through Jan 12th.

YOUTH RECREATION

GYM & SWIM (Ages 3+)

Join our Youth Room as we work up a sweat with our indoor or outdoor play equipment, then cool off in the pool! Children under 3 are welcome but must be accompanied in the water by an adult. Registration not required.

Dates: Jan. 3rd - May 26th
Every Tuesday, Thursday & Saturday
Time: 9:45-11:00a.m.
Fees: Members FREE/Non-Members \$5
Location: Youth Room & Pool

KIDZPUMP! (Grades K+)

Get introduced to various exercises including step, cardio kickboxing, yoga, and strength training! Equipment and mats are provided; wear gym shoes and be ready to sweat! Register at the front desk.

Dates: Jan. 19th - Feb. 23rd
Fees: Members \$15/Non-Members \$20
Time: Thursdays 4:45 - 5:30p.m.
Location: Multi-Purpose Room

MOVERS AND SHAKERS (Ages 2-5)

This class was created especially for kids who love music and movement! Explore music from around the globe while learning fun new moves and activities. Registration is not required.

Dates/Times: Fridays 9:45-10:15a.m.
Fees: Members FREE/Non-Members \$3
Location: Multi-Purpose Room

TEEN R.I.P.P.E.D (Ages 12+)

Resistance, Intervals, Power, Plyo, Endurance, and Determination! Modeled after the adult class, this program offers teens an intense and challenging workout! Personal Trainer Rob Urich will lead cardio and strength-building activities, appropriate for this stage of physical development. Equipment is provided, please pre-register.

Dates: January 17th – February 21st
Fees: Members \$15/Non members \$20
Times: Tuesdays 4:45-5:30p.m.
Location: Multi-Purpose Room

COOKING CLUB (Grades K+)

Join us to make healthy, kid-friendly recipes! Bring your appetite... we'll sample everything we make! Payment and registration is required for each date.

Dates: Jan 14th, Feb 11th, Mar 10th, Apr 14th, May 12th
Time: 12:15-1:30p.m.
Fees: Members \$5/Non-Members \$10per class
Location: Youth Room

S.T.R.I.D.E.

- Strength
- Trail
- Run
- Intensity
- Determination
- Eating Right



This 6-week program is designed for kids who want to improve their cardiovascular strength and endurance! Walkers and joggers of ALL fitness levels are invited to participate – our goal is to get you moving and keep it fun! We'll meet as a group twice a week for walks/runs, group stretch, and nutritional tips. The session ends with a family-friendly 2mile challenge on the final night of class! Please pre-register at the front desk by April 1st.

Session: April 3rd - May 10th
Time: Tuesdays & Thursdays 5:15 - 6:15p.m.
Fees: Members \$25/Non-Members \$35
(Includes pedometer and t-shirt)

K.O. KLUB (Ages 8+)

Knock-out fitness that's knock-out FUN! This total body workout challenges kids with punches, kicks, bag training & cardio drills! Benefits include increased cardio endurance; increased speed & strength; better balance, footwork & coordination; increased confidence & self-esteem! Youth-sized gloves are provided, or participants can use their own gloves/wraps. Please pre-register at the front desk.

Dates: Jan 17th - Feb 23rd
Fees: Members \$50/Non-Members \$75
Times: Tuesdays & Thursdays 5:30 - 6:15p.m.
Location: Multi-Purpose Room

YOUTH HIP HOP (Ages 7-12)

Think you can move? Show off your skills and workout to the beat of some great music! Be sure to dress appropriately... you'll dance up a sweat! Register at the front desk or Contact Pat Smith at fitnesspat1@yahoo.com

Dates: Jan 18th – Feb 22nd
Fees: Members \$25/Non-members \$35
Times: Wednesdays 4:45-5:30p.m.
Location: Fitness Studio

RACQUETBALL & WEIGHT TRAINING

This one-time training course offers an orientation to the weight room, cardio equipment, and racquetball courts. Upon completion, students receive a pass granting them future access to the equipment and courts. Registration and parental permission is required.

Time: Mondays 4:45 - 5:30p.m.
Location: Adult Weight Room
Fees: \$25

YOUTH PROGRAMMING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 a.m.	Campus Childcare 8-Noon	Campus Childcare 8-Noon	Campus Childcare 8-Noon	Campus Childcare 8-Noon	Campus Childcare 8-Noon	Campus Childcare 8-Noon
9:30 a.m.	Tumbling Tots 10:30-11:00 Preschool Tumbling 11:15-11:45	Gym & Swim 9:45-11:00	Tumbling Tots 10:30-11:00 Tumbling I 11:15-11:45	Gym & Swim 9:45-11:00	Mover & Shakers 9:45-10:15	Gym & Swim 9:45-11:00
10:30 a.m.						
11:00 a.m.						Tumbling Club 11:15-12
4:00 p.m.	Campus Childcare 4:00-8:00	Campus Childcare 4:00-8:00	Campus Childcare 2:00-8:00	Campus Childcare 4:00-8:00		Cooking Club* 12:30-1:30
4:45 p.m.	Y.W.T 4:45-5:30 Tumbling Tots 4:45-5:15	Teen R.I.P.P.E.D. 4:45-5:30	Youth Hip-Hop* 4:45-5:30 Tumbling Tots 4:45-5:15	KidzPump 4:45-5:30		
5:15 p.m.	Tumbling I 5:15-6:00	S.T.R.I.D.E.*	Tumbling I 5:15-5:45	S.T.R.I.D.E.*		
5:45p.m.	Tumbling II 5:45-6:15	K.O. KLUB* 5:30-6:15	Tumbling II 5:45-6:15	K.O. KLUB* 5:30-6:15		

TUMBLING PROGRAMS!

The Altoona Campus tumbling program introduces children to movement, coordination, balance and flexibility. Each class meets once a week for 6 weeks. Registration will be held with the instructor on a first-come, first-serve basis at the times listed below. Space is limited!

Session I: Jan 16-Feb 25

Registration: Tues/Thurs Jan 3rd, 5th 6-7p.m.

Session II: March 26-May 5

Registration: Tues/Thurs Mar 13th, 15th 6-7p.m.

Cost: Members \$35
Non-members \$50

Location: Multi-Purpose Room

TUMBLING TOTS (2-3 yrs)

Mon OR Wed 10:30-11:00a.m.

Mon OR Wed 4:45-5:15p.m.

TUMBLING I (3-5 yrs)

Mon OR Wed 11:15-11:45a.m.

Mon OR Wed 5:15-5:45p.m.

TUMBLING II (3-5 yrs)

Mon OR Wed 5:45-6:15p.m.

TUMBLING CLUB (Ages 7+)

Sat 11:15a.m. - noon

Contact Instructor Lauren Simms at ext. 240 or lsimms@altoonacampus.com.

EVENING YOUTH SWIM LESSONS

Indoor lessons are conducted in 30 minute sessions on Mon. & Wed. evenings for five weeks, between 5:00 and 8:00 p.m. Registration is required. Certified aquatics staff will assist you in choosing the appropriate swim lesson level for each child. Payment is due at registration, registrations are not available via phone.

SESSION I: Feb. 6th - Mar. 7th

Register at Altoona Campus:

Mon. Jan. 23rd & 30th 5:00-8:00p.m.

Wed. Jan. 25th 5:00-8:00p.m.

SESSION 2: Mar. 26th - Apr. 25th

Mon/Tues/Wed Mar. 12th, 13th 14th

5:00 - 8:00p.m.

FEES: Members \$40* / Non-Members \$80

*The person enrolling in swim lessons must be an Altoona Campus member to be eligible for the member discount.



DAYTIME YOUTH SWIM LESSONS

SESSION I: Feb 7th - Mar 1st

Register at Altoona Campus:

Mon. Jan. 23rd & 30th 5:00 - 8:00p.m.

Wed. Jan. 25th 5:00 - 8:00p.m.

SESSION 2: Mar 27th - Apr 19th

Mon/Tues/Wed Mar. 12th, 13th 14th

5:00 - 8:00p.m.

FEES: Members \$30 / Non-Members \$60

For more information about our learn to swim program contact Sam McIntire at SMcIntire@altoonacampus.com or 967-0788 ext. 227

All daytime lessons will be conducted on Tuesday and Thursday mornings, over a 4 week period from: 9:15 - 9:45a.m.

These lessons are Learn to Swim Level 1 & 2.

GROUP PERSONAL TRAINING

CHAOS

During Chaos your personal trainers will push you past your limits with 4 days of workouts packed with kickboxing, kettlebells, plyometric drills, and much more using a combination of nonstop intervals of strength, power, resistance, and ab and core training moves.

The secret behind Chaos is an advanced training technique called muscle confusion, which accelerates the results process by constantly introducing new moves and routines so your body never plateaus, and you never get bored!

To get something you've never had, you must do something you've never done! Whether you want to get lean, bulk up, or just plain get ripped, there's an endless variety of ways to mix and match the routines to keep you motivated the full 6 weeks and beyond!

Monday	Kettlebell Conditioning
Tuesday	Kickboxing
Wednesday	Kettlebells
Thursday	Total Conditioning
Saturdays*	Open Gym from 8am-10am

* Participants enrolled CHAOS are invited to attend an open gym style workout in which heavy bags and kettlebells will be available for your use. Come in at your own leisure and get in a workout from what you've learned from class. Matt or Robin will be there to monitor and help with any questions.

Class times: 5:15am /6:30am/9:15am/6:30pm

Course Dates: Jan. 9th - Feb. 18th Register by Jan. 4th.

Cost: \$125 for members/\$200 for non members

Location: Multi-Purpose Room

*Maximum of 24 participants per class time and a minimum of 8. Participants must purchase their own boxing gloves and wraps.



4WEEK KETTLEBELL & BOXING PROGRAMS

Times: 5:15a.m., 6:30a.m., 9:15a.m., 6:30p.m.
Open Gym Saturdays 8-10a.m.

Cost: \$55/class- (Members) \$70/class – (non members)
\$100 (members) \$140 (non members)
for both classes each session

Feb. 27th- March 24th

Pride Kettlebells for Endurance - Mon./Wed.

Although kettlebells are primarily used to build strength and power, they can also offer an amazing cardio workout. This class starts with the basics of kettlebells and utilizes long working sets to help improve form and stamina.

Combat Conditioning - Tues./Thurs.

Burn 600-800 calories in a safe, fun and confidence-building boxing, kickboxing, and MMA style group class. Bring the fighter in you and train like a pro. Gain speed through boxing combinations, find power in body punches to the heavy bag and increase agility through athletic drills.

April 2nd- April 28th

Kettlebell Crazy 8's - Mon./Wed.

8 repetitions of 8 different exercises, completed 8 times. This is the format for our Crazy 8's Kettlebell class. Ever heard that kettlebells can burn twice the calories in half the time? Members have burned over 1000 calories in 40 minutes with this intense full-body circuit style class.

Endurance Boxing - Tues./Thurs.

Choreographed boxing segments mixed in with various other cardio intervals, plyometrics and isometrics. This boxing class is guaranteed to make you sweat!

May 7th- June 2nd

4-Week Warrior - Mon./Wed.

Unlike any other class offered here, this outdoor suburban warrior class will test every aspect of fitness. Weighted backpack hikes, sandbag runs, kettlebell circuits, and boulder workouts are all a part of this advanced program. This high intensity class is sure to change your exercise perspective.

Boxing Bootcamp - Tues./Thurs

This class is a fast paced circuit style boxing class. It offers a lot of cross-training and keeps you highly motivated. Participants will be pushed to move with intensity through each of the circuit stations to enhance their overall conditioning.

FITNESS CLASSES/ GROUP TRAINING

MIND & BODY CLASSES

Body Flow (YOGA) - is the Yoga, Tai Chi, and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

Tuesday	6:45-7:40 p.m.	Fitness Studio
Thursday	6:45-7:40 p.m.	Fitness Studio
Friday	10:15-11:10 a.m.	Fitness Studio
Sunday	4:00-5:00 p.m.	Fitness Studio

Power Pilates - Stretch and strengthen muscles without adding bulk. Pilates exercises increase flexibility and coordination while strengthening the core muscles. The workout is relaxing and revitalizing and works for everyone, regardless of age or condition.

Monday	6:45-7:40 p.m. new time!	Fitness Studio
Wednesday	10:15-11:00 a.m.	Fitness Studio

Yoga - Experience gentle movements to increase flexibility, strength and well-being. Participants will learn stretches, yoga postures, and breathing practices, and will then be guided into deep relaxation.

Monday	10:15-11:10 a.m.	Fitness Studio
Wednesday	6:45-7:40 p.m.	Fitness Studio

Extreme Yoga – NEW!

Join us for a more intense style yoga in a slighter warmer room. Please bring your own beach towel.

Friday*	5:30-6:30 p.m. (Jan/ Feb)	Fitness Studio
----------------	----------------------------------	----------------

CAMPUS CYCLING

Participants are encouraged to bring a waterbottle.

All Classes will meet in the cycle center!

Monday	5:15-6:10 a.m.
	5:45-6:40 p.m.
	6:45-7:40 p.m.* (Jan - Mar)

Tuesday	5:15-6:10 a.m.
	9:15-10:10 a.m.
	6:00-6:45 p.m.* (Jan - Apr)

Wednesday	5:15-6:10 a.m.
	5:45-6:40 p.m.

Thursday	9:15-10:10 a.m.
	6:45-7:40 p.m.* (Jan - Mar)

Friday	5:15-6:10 a.m.
---------------	-----------------------

Saturday	7:10-8:05a.m.* (Jan - Apr)
	8:15-9:10 a.m.* (Jan - Mar)

CYCLE CHALLENGE

Weights and resistance bands will be used to create a full body workout! Register at the front desk. Classes are held on Jan. 15, Feb. 12, & Mar. 11 from 2:30 – 3:30p.m. FREE for members!

RunningWorks

It's not about being a track star or an elite athlete. It is about being the best you can be! It's about learning to run better and having fun with people who share your passion for staying fit. This is a very motivational running group! You don't have to be a great runner to begin. No matter your age, size or fitness level, you can achieve great results. This 8 week class will lead up to Dam to Dam on June 2nd. You do not have to participate in the Dam to Dam to take this class, but it will help those who want to train for the 5k or the full 20k!

Class times: Tuesdays and Thursdays 5:30-6:30 a.m.
Class dates: Mar 27th - May 17th
Cost: \$40 for members / \$55 non members
Led by: Diane White

W.O.W!

Women On Weights

Beginner Women on Weights (WOW) is a 8-week program designed to increase the number of women engaging in resistance training. The program will introduce, demonstrate and train women on a variety of exercises designed to enhance overall strength, flexibility and cardiovascular health.

Already participated in the beginner program or looking for something more advanced, try the 6 week Advanced Women on Weights!

Program Dates: Jan 16th- March 8th
Beginner Program: Mon. & Wed. 6:00-7:00a.m. or
 Tues. & Thurs. 9:00-10:00a.m.
Advanced Program: Tues.& Thurs. 6:00-7:00a.m.

Cost: \$25 members
 \$40 non members

Contact Personal Trainer Diane White for more information
whitebd44@hotmail.com



FITNESS CLASSES

CARDIO & STRENGTH CLASSES

Cardio Fusion - This high-energy, fat-burning workout incorporates traditional high and low impact aerobic movements. In this format, you'll experience the feeling of a great workout while working up a great sweat.

Monday	9:15-10:10 a.m.	Fitness Studio
Wednesday	9:15-10:10 a.m.	Fitness Studio
Thursday	4:45-5:40 p.m.	Fitness Studio

Cardio Kick - A high-energy kickboxing class designed to improve cardiovascular endurance while strengthening and toning the entire body through kicks, punches, and intense core work.

Tuesday	5:15-6:10 a.m.	Fitness Studio
	9:15-10:10 a.m.	Fitness Studio
	5:45-6:40 p.m.	Fitness Studio
Friday	9:15-10:10 a.m.	Fitness Studio
Saturday	9:15-10:10 a.m.	Fitness Studio

HydroSpin - A 'fusion' program involving 30 mins. of high intensity spin bike, then 30 min. of HYDROMAX! - A deep water program of running, abdominal work, and kicking. A total of 60 minutes of extreme exercise.

Tuesday*	5:15-6:20p.m. (Jan-Apr)	Cycling Ctr/Pool
Thursday*	5:15-6:20p.m. (Jan-Apr)	Cycling Ctr/Pool

Power X - This class is designed to challenge your endurance and improve your physical condition by incorporating alternating segments of step, kickboxing, plyometrics, and strength exercises.

Monday	9:15-10:10 a.m.	Adult Gym
Wednesday	4:45-5:40 p.m.	Adult Gym
Friday	5:15-6:10 a.m.	Townsend Yth Gym

R.I.P.P.E.D. - Resistance, Intervals, Power, Plyo, Endurance, Determination. Join this intense and challenging class that includes cardio and strength.

Monday	5:15-6:10 a.m.	Adult Gym
	5:00-6:00 p.m. new time!	Adult Gym
Wednesday	5:15-6:10 a.m.	Adult Gym
	9:15-10:10 a.m.	Adult Gym
	5:45-6:40 p.m.	Adult Gym
Thursday	6:00-6:45 p.m.	Adult Gym
Saturday	8:15-9:00 a.m.	Adult Gym

STRENGTH CLASSES

BodyPump - Les Mills - This barbell class strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. You'll be inspired to get the results you came for!

Monday	5:45-6:40 p.m.	Fitness Studio
Tuesday	10:15-11:10 a.m.	Fitness Studio
Thursday*	5:15-6:10 a.m. (Jan/Mar/May)	Fitness Studio
	5:45-6:40 p.m.	Fitness Studio
Saturday	8:00-8:55 a.m.	Fitness Studio

Sculpt n Strength - Tone and strengthen your muscles using free weights, body bars, bands, and balls.

Tuesday	4:45-5:40 p.m.	Fitness Studio
Thursday*	5:15-6:10 a.m. (Feb/Apr)	Fitness Studio
	10:15-11:00a.m.	Fitness Studio

Senior Stretch and Strength - Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout that meets the needs of virtually any senior.

Tuesday	10:30-11:15 a.m.	Multi-Purpose Room
Thursday	10:30-11:15 a.m.	Multi-Purpose Room
Friday	10:30-11:15 a.m.	Multi-Purpose Room

Dance Fitness Classes...Join The Party!

Body Rock - Come join the fun and learn cool moves to the latest music without thinking too much about movements or form. It will take your cardio to the next level by involving some hip-shaking, modern moves, and expression of your attitude!

Wednesday*	5:45 - 6:40 p.m. (Jan/Mar/May)	Fitness Studio
Thursday	9:15 - 10:10 a.m.	Fitness Studio
Saturday*	10:15 - 11:10 a.m. (Feb/Apr)	Fitness Studio

ZUMBA - This aerobic dance class features a variety of rhythms from Latin America. Get a taste of meringue, salsa, flamenco, samba, tango, reggae, cumbia, calypso, hip hop and more.

Monday	4:45-5:40 p.m.	Fitness Studio
Wednesday*	5:45-6:40 p.m. (Feb/Apr)	Fitness Studio
Saturday*	10:15-11:10 a.m. (Jan/Mar/May)	Fitness Studio

FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 -6:10 a.m.	R.I.P.P.E.D. Adult Gym Cycle Cycling Center	CardioKick Fitness Studio Cycle Cycling Center	R.I.P.P.E.D. Adult Gym Cycle Cycling Center	Sculpt*/Pump* Fitness Studio	Power X Townsend Yth Gym Cycle Cycling Center	Cycle * 7:10-8:05am Cycle Center BodyPump 8:00-9:00am Fitness Studio
9:15-10:10 a.m.	PowerX Adult Gym Cardio Fusion Fitness Studio	Cardio Kick Fitness Studio Cycle Cycling Center	R.I.P.P.E.D. Adult Gym Cardio Fusion Fitness Studio	Body Rock Fitness Studio Cycle Cycling Center	Cardio Kick Fitness Studio	Cycle* 8:15-9:00am Cycle Center R.I.P.P.E.D. 8:15-9:00am Adult Gym
10:15-11:10a.m.	Yoga Fitness Studio	BodyPump Fitness Studio Senior Strength & Stretch 10:30 Multi-Purpose Rm	Power Pilates Fitness Studio	Sculpt n Strength Fitness Studio Senior Strength & Stretch 10:30 Multi-Purpose Rm	BodyFlow Fitness Studio Senior Strength & Stretch 10:30 Multi-Purpose Rm	Cardio Kick 9:15-10:10am Fitness Studio ZUMBA* / Body Rock* 10:15-11:10am Fitness Studio
4:45-5:40 p.m.	ZUMBA Fitness Studio R.I.P.P.E.D. 5:00 Adult Gym	Sculpt n Strength Fitness Studio HydroSpin*5:15 Cycling Center	Power X Adult Gym	Cardio Fusion Fitness Studio HydroSpin*5:15 Cycling Center	Extreme Yoga* 5:30-6:30pm Fitness Studio	SUNDAY BodyFlow 4:00-5:00pm Fitness Studio
5:45-6:40 p.m.	BodyPump Fitness Studio Cycle Cycling Center	Cardio Kick Fitness Studio	R.I.P.P.E.D. Adult Gym Zumba*/B.Rock* Fitness Studio Cycle Cycling Center	Body Pump Fitness Studio		
6:00-6:45 p.m.		Cycle* Cycling Center		R.I.P.P.E.D Adult Gym		
6:45-7:40 p.m.	Cycle* Cycling Center Power Pilates Fitness Studio	Body Flow Fitness Studio	Yoga Fitness Studio	BodyFlow Fitness Studio Cycle* Cycling Center		

The fitness class schedule begins Mon. Jan. 2nd. Asterisk* denotes special programming dates & times.

Fitness classes in red indicate a beginner level class. All classes are FREE for members and registration is not required. Fitness classes are designed to accommodate all fitness levels – all you need to do is attend a class and work at your own level! Must be 15 years of age or older to attend fitness classes. Contact Amy McAllister for questions or for more information at 967-0788 ext. 224 or AMcAllister@altoonacampus.com.

March Madness Friday Fitness Frenzy

Join us on March 2, 2012 from 5:30-7:30 p.m. for a two-hour marathon of fitness classes! Come ready to sweat! Register at the front desk as space is limited. This event is FREE! Snacks and water will be provided.

