

GROUP EXERCISE *Schedule*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am	HIIT	TRX Low	Yoga	TRX Low	Yoga
10:00am	Classic Silver	POUND®	Classic Silver		Line Dancing
6:15pm	Tabata	Zumba®	Tabata	Zumba®	
7:15pm	TRX High	Yoga Flow	TRX High	Yoga Flow	

AQUA GROUP EXERCISE *Schedule*

SEE PAGE 15 FOR MORE DETAILS

8:15am	Splash!	Splash!	Splash!	Splash!	Splash!
5:30pm	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	



Fitness at the ARC

Fitness classes are open to those with a Recreation Center membership. Non-members are eligible to take fitness classes with a purchase of a day pass.

Members who need advice on weight room equipment may set up a meeting with Recreation Specialist, Tyrone Jackson, at tjackson@angleton.tx.us. Classes are subject

to change. For monthly fitness schedules, visit the Recreation Center front desk or online at www.angleton.tx.us/273/Adult-Programs.

HIIT

High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines.

Classic Silver

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

POUND®

POUND class use weighted drumsticks to help you sweat your way to a rock-hard body. POUND combines cardio, strength training, and Pilates.

TRX Low

This is a suspension training program that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Participants will use TRX Suspension Trainers, a performance training tool that leverages gravity and the user's body weight to complete the exercises. TRX Suspension Trainer straps will be provided. This is a lower intensity option.

Tabata

Tabata is a type of high-intensity interval training consisting of a four-minute workout repeated for 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest. Different exercises of weights and cardio are utilized. The level of intensity pushes your body hard which contributes to the effectiveness of the workout.

Line Dancing

Exercise by dancing to lively upbeat music just as you would at any Texas dance hall! This is a fun way to socially dance, no partner necessary.

Yoga

Build and improve balance, strength, and flexibility in this class while finding your breath and movement. Yoga is also healing to the mind and body as well. This moderately paced class is designed to give options for all levels.

TRX High

This is a suspension training program that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Participants will use TRX Suspension Trainers, a performance training tool that leverages gravity and the user's body weight to complete the exercises. TRX Suspension Trainer straps will be provided. This is a higher intensity option.

Yoga Flow

This class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Incorporates energetic movement through a series of asanas by which the student experiences a sense of fluid physical motion.

Zumba®

Join the party! Get moving to fun, Latin dance routines featuring interval training that combines rhythms and resistance training.



Aquatics at the ARC

Pool Hours Of Operation

Monday – Friday 5:45am – 10:00am (Adult Swim Only)
12:00pm – 7:00pm
Saturday 8:00am – 7:00pm
Sunday 1:00pm – 6:00pm

Natatorium Rules

- Children 10 and under must be accompanied by an adult at all times.
- All pool users must wear a lined swimsuit. No street clothes, cut offs, basketball shorts or makeshift bathing suits allowed.
- Children three years and under must wear a swim diaper under their swimsuit. Swim diapers can be purchased at the front desk.
- All children four years and under must have an adult within arm's reach at all times (no more than three children per adult).
- Children under five should not use the spa due to the risk of overheating and dehydration.
- If you are pregnant, do not use the spa without medical consultation.
- The last 15 minutes of every hour are designated as safety break times for all to exit the water.
- Lifeguards may impose additional rules to ensure the safety or enjoyment of patrons.

Private Swim Lessons

Private swim lessons provide an individualized class setting for swimmers as they receive the instructor's undivided attention with constructive and positive feedback. The swimmer will learn, at their own pace, skills that build both confidence and endurance in the water. Lesson days and times will be set between the instructor and participant.

Facility: Angleton Recreation Center Natatorium

Date: By appointment

Time: By appointment

Age: All ages

Fee: \$90 Member; \$100 Non-Member

Registration: Register online or on-site at the Angleton Recreation Center

Aqua Group Exercise

SPLASH!

This class concentrates on cardio water exercises by providing a gravity-free environment. It's easy on the joints and provides an excellent work out.

Facility: Angleton Recreation Center

Date: Monday – Friday

Time: 8:15am – 9:00am

Age: 13+ years

Aqua Fitness

This class is a shallow water medium intensity workout that uses water and equipment for resistance, tones muscles, and increases endurance and flexibility.

Facility: Angleton Recreation Center

Date: Monday – Thursday

Time: 5:30pm – 6:30pm

Age: 13+ years

To register for one of our programs online visit:

<https://secure.rec1.com/TX/angleton-tx/catalog>



WEATHER POLICY:

The natatorium closes with inclement weather that includes lightning at the recommendation of the National Lightning Safety Institute, American Red Cross and National Weather Service.