

HILLCREST AQUATIC & FITNESS CENTER

May/June 2017



(909) 392-4029 ~ www.LivingAtHillcrest.org

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--|---|---|---|---|---|--|
| | Resident Water Walk 5:30-7:30am | Resident Water Walk 5:30-7:30am | Resident Water Walk 5:30-7:30am | Resident Water Walk 5:30-7:30am | Resident Water Walk 5:30-7:30am | Resident Only Swim 5:30-8am |
| | Aqua Fitness 8:30am | ★ Aqua Fitness 8:30am | Aqua Fitness 8:30am | ★ Aqua Fitness 8:30am | Aqua Fitness 8:30am | Community & Resident Swim 9am-8pm |
| | Chair Fitness 8:30am | ★ Chair Fitness 8:30am | Chair Fitness 8:30am | ★ Chair Fitness 8:30am | Chair Fitness 8:30am | |
| | Balance Training 1 9:30am | ★ Aqua Fitness 9:30am | Balance Training 3 9:30am | ★ Movement Medley 9:30am | Balance Training 1 9:30am | |
| | Water Walking 10am | ★ Water Walking 10:30am | Water Walking 10am | ★ Water Walking 10:30am | Water Walking 10am | |
| | Chair Yoga 10:30am | ★ Chair Yoga 10:30am | Chair Yoga 10:30am | ★ Chair Yoga 10:30am | Chair Yoga 10:30am | |
| | Intro to DoubleFlex 11:30am | Community & Resident Swim 11:30-1:00pm | Seated DoubleFlex 11:30am | Balance Training 2 11:30am | Intro to DoubleFlex 11:30am | |
| | Community & Resident Swim 11:30-1:00pm | Community & Resident Swim 11:30-1:00pm | Community & Resident Swim 11:30-1:00pm | Community & Resident Swim 11:30-1:00pm | Community & Resident Swim 11:30-1:00pm | |
| | Lap Swim 1-3pm | Lap Swim 1-3pm | Lap Swim 1-3pm | Lap Swim 1-3pm | Lap Swim 1-3pm | |
| | DoubleFlex 2:00pm | ★ Weight Room Circuit 2:00pm; *RSVP | Line Dancing 1:30pm | DoubleFlex 2:00pm | ★ Weight Room Circuit 2:00pm; *RSVP | |
| | Resident Only Swim 3-5pm | Community & Resident Swim 3:30-8pm | Resident Only Swim 3-5pm | Community & Resident Swim 3:30-8pm | Resident Only Swim 3-5pm | |
| | Community & Resident Swim 5:30-8pm | Community & Resident Swim 5:30-8pm | Community & Resident Swim 5:30-8pm | Community & Resident Swim 5:30-8pm | Community & Resident Swim 5:30-8pm | AFC Community Membership Fee: \$35 (No cost to Hillcrest residents) |
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2017-18 Holiday Schedule

There will be no classes held at the AFC on the following days:

Memorial Day: 5/29/17

Independence Day: 7/4/17

Labor Day: 9/4/17

Thanksgiving: 11/23/17

Christmas: 12/25/17 (observed)

Happy Holidays!

Fitness Assistance

Personal, 1-on-1 fitness assistance/training with certified personal trainers is available at the AFC. Sessions (45-minutes each) are sold in 3-packs:

Residents: \$75 for 3 sessions

Community: \$165 for 3 sessions

If you would like to find out more, please talk to an AFC staff member at the Front Desk.

Thank you!

Monthly Fee: Memberships are monthly. *Payments are due the 1st week of every month.* All membership fees are non-transferable and non-refundable. Fees and classes are subject to change. Exact change is appreciated.

Pool Classes/Activities

Resident Only Swim — Low to High Intensity

Aqua Fitness — Mid to High Intensity

Community Swim — Low to High Intensity

Lap Swim — Low to High Intensity

Water Walking — Low to High Intensity

Land Classes

Balance Training 1 — Low Intensity

Balance Training 2 — Low to Mid Intensity

Balance Training 3 — Mid to High Intensity

Chair Fitness — Mid Intensity

Chair Yoga — Low to Mid Intensity

Chair Pilates — Low to High Intensity

Movement Medley — Low to Mid Intensity

DoubleFlex — Mid to High Intensity

Seated DoubleFlex — Mid to High Intensity

Weight Room Circuit — Low to High Intensity

MSL Land Classes

Morning Fitness — 9:30am M/W/F

MSL Chair Fitness — 10:30am T/TH

Gentle Range of Motion — 10:30am W/F

Free Class

Line Dancing — Low to Mid Intensity

Intro to DoubleFlex — Low Intensity