

Adult Fitness

40+ DROP-IN BASKETBALL

Thursdays 7:30 - 9:30pm. Come drop-by and play basketball. For individuals 40 years old and older. Schedule may change according to other SRD programs. Changes will be posted on the gym's window or you can call the SRD Main Office at 383-6494 to confirm. Match style play. Prior to play-all players must have a completed current liability form on file.

Facilitator: Steve Brandon

Fee: \$4 per player at the door.

Land Aerobics w/ Karen

Wake up your day with this upbeat & energizing morning workout! Karen combines low impact, easy-to-follow cardiovascular aerobic moves with sculpt, abs & stretch for a well-rounded, fun & high-energy workout. Karen has been teaching a wide variety of fitness classes in Marin for over 16 years. She shares her vitality & experience in her lively classes at SRD.

Instructor: Karen Bohlin

Land Morning Workouts w/ Ellen

Cardio and Sculpt (Monday)

Get ready for a lively hi/lo impact workout to music, followed by muscle toning and strengthening with weights and mat work. Class members are invited to choose their level of intensity to fit their fitness needs. Get your heart rate pumping and your muscles strengthened with this full body workout.

Instructor: Ellen Bari Goldman

Total Tone (Tuesday)

Strengthen and tone all major muscle groups with this lively class for all strength levels-beginners to more advanced. We will use weights, resistance bands, body weight and small balls to strengthen the core as well as toning and strengthening legs, arms, back, chest and abs. We will work out to music with a cardio warm-up, followed by a variety of strength moves. We will do standing and mat work, finishing up with stretching. All levels welcome!

Instructor: Ellen Bari Goldman



Deep Water Aerobics

This course is a self-paced aqua jog program designed to maintain or gain conditioning and fitness. Terrific for a cardiovascular workout or to support a fitness training program. This class is great for injury recovery with reduced impact of gravity on muscles and skeletal structure.

Water Aerobics

Exercise without stress. This is an excellent low impact exercise to help stretch and tone muscles. Water supports the body and aids in improving balance, while resistance builds strength. This class is ideal for adults with limited-mobility injuries or arthritis. No swimming required. Non-swimmers welcome.

Water Fitness

Combines both flowing and vigorous movements that are ideal for both core and balance training. Flotation and sculling exercises are performed in both shallow (shoulder depth) and deep water. Each session includes 9 to 12 activities designed to train range of motion, muscle activation and balance, concluding with stretch exercises in the water. Training aids are not essential but equipment often used. May include the use of Frisbee for core work, noodles for balance and aerobic work.

Free for Annual Pool Pass holders.

Instructor: Richard Nichols / Kyle Beattie

Masters Adult Lap Swim Fitness

Ongoing swim training and technique developed to match individual fitness goals. Program includes stroke technique, fitness and flexibility training. Three levels provided with various speeds and abilities. Swim performance and efficiency can be tailored for specific distances and strokes. This program is designed to complement land exercises to enhance mobility and coordination. An ideal serious workout or a fun alternative to exercise. **Free for Annual Pool Pass holders.**



NEW!!

Wake up and super charge your day with WaterGym®! For over 27 years, this phenomenal non-impact, fat burning workout has taught thousands worldwide to use water as a powerful gym to: reduce body fat, tone & build lean muscle, burn calories, strengthen core abdominal muscles, increase flexibility and more. Workout performed in deep-water using our WaterGym® Belt. Your head and hair stay dry so you can go straight to work after class! Non-swimmers welcome.

***Fees paid to the instructor. See pg. 11**

Instructors: Team WaterGym®

Adult Fitness

SRD Adult Fitness Class Schedule

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM	Land Morning Workout w/Ellen	8:30am-9:30am	8:30am-9:30am				
	Land Aerobics			8:30am-9:30am w/Karen		8:30am-9:30am w/TBA	9:00am-10:00am
	Ages 40+ Drop in Basketball				7:30pm-9:30pm		
POOL	Water Gym	7:30am-8:30am (June 20-July 30)	8:00am-8:45am (Jan 19- Nov 17) (June 20-July 30)	7:30am-8:30am (June 20-July 30)	8:00am-8:45am (Jan 19- Nov 17) (June 20-July 30)		
	Water Fitness	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am		
	Masters Adult Lap Swim Fitness		10:00am-11:00am (Sep-May)	10:00am-11:00am (Sep-May)	10:00am-11:00am (Sep-May)		
			8:00am-9:00am (Jun-Aug)	8:00am-9:00am (Jun-Aug)	8:00am-9:00am (Jun-Aug)		
	Water Aerobics		12:00pm-1:00pm		12:00-1:00pm		
Deep Water Aerobics	12:00pm-1:00pm & 5:50pm-6:50pm		12:00pm-1:00pm & 5:50pm-6:50pm		12:00pm-1:00pm & 5:50pm-6:50pm		

FITNESS CLASS FEES:

SRD Masters Lap Swim Exercise Fees: \$10 drop-in | \$72 (8 session pass)

SRD Fitness Classes: \$7 drop-in | \$55 Res or \$60 Reg Fee (10 session pass)

SRD Water Aerobics Fees: \$7 drop-in | \$48 (8 session pass)

*Water Gym Program Fee: \$10 drop-in 45 min class/ \$12 drop-in 60 min class (June-July only) ***This is not an SRD Program.***