

Adult Fitness

Land Morning Workouts

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 Goldman

Total Tone (Tuesday)

Strengthen and tone all major muscle groups with this lively class for all strength levels. We will use weights, resistance bands, body weight and exercise 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 Goldman

Land Aerobics (Wednesday & Saturday)

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

Zumba w/ Beth (Thursday)

Using Latin and world music as the core foundation, the hour-long class blends dancing and aerobics for a workout that is fun and easy to follow, while it gets your heart pumping and tones all over! Offered with both high and low impact/intensity options, this workout is perfect for adults of all ages & fitness levels. If you're ready for an exciting, fun way to get healthy and boost your energy, JOIN THE ZUMBA PARTY!

Instructor: Beth Wolly

Dance Exercise (Friday)

Oldies music, gentle dance moves to invigorate body and mind. Light weight workout and floorwork for core and stretch. Judy's first class at SRD was in 1970! Let's get back together.

Instructor: Judy Barr

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.

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 is often used. Activities may include the use of Frisbee for core work, noodles for balance and aerobic work.

FREE for Annual Pool Pass holders.

FEE : \$7.00 Drop In

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.

FEE : \$10.00 Drop In

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.

FEE : \$7.00 Drop In

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.

FEE : \$7.00 Drop In

WaterGym

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®

***THIS IS NOT AN SRD PROGRAM**

Adult Fitness

SRD Adult Fitness Class Schedule

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM	Land Morning Workout w/ Ellen	8:30am - 9:30am w/ Ellen	8:30am - 9:30am w/ Ellen				
	Land Aerobics			8:30am - 9:30am w/ Karen		8:30 am - 9:30 am w/ Judy	9:00 am - 10:00 am w/ Karen
	Zumba Infused w/Beth				8:30am - 9:30am (June-Aug) 9:15am - 10:15am (Sept - May)		
	Ages 40+ Drop in Basketball				7:30pm - 9:30pm		
POOL	Water Gym	8:00am - 8:45am (June 20-July 30)	8:00am - 8:45am (Jan 19- Nov 17)	8:00am - 8:45am (Jan 19- Nov 17)	8:00am - 8:45am (Jan 19- Nov 17)		
	Water Fitness	9:00am - 10:00am (Sept-May) 8:45am-9:30am (June-Aug)	9:00am - 10:00am (Sept-May) 8:45am-9:30am (June-Aug)	9:00am - 10:00am (Sept-May) 8:45am-9:30am (June-Aug)	9:00am - 10:00am (Sept-May) 8:45am-9:30am (June-Aug)		
	Masters Adult Lap Swim Fitness		10:00am - 11:00am (Sep-May) 8:00am - 9:00am (Jun-Aug)	10:00am - 11:00am (Sep-May) 8:00am - 9:00am (Jun-Aug)	10:00am - 11:00am (Sep-May) 8:00am - 9:00am (Jun-Aug)		
	Water Aerobics		12:00pm - 1:00pm		12:00pm - 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 & 5:20pm - 6:20pm	

FITNESS CLASS FEES*:

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)

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

PLEASE NOTE : All class fees must be paid at class check-in or SRD office before joining class!

*Water Gym Program Fee: \$10 drop-in 45 min class - *This is not an SRD Program.*