

Pre-register for Membership Early Bird Special

Intro Session begins April 23 – June 4

Aquatics

Swim for Life: Boys age 9 -13

MON 6:45pm-7:45pm \$50 6-week session
 An Introduction to the fundamentals of swimming and water survival. The main function of this class is to improve the skill level of the swimmer through practicing the fundamentals of swim. Younger children can be admitted based on their swimming ability and/or willingness to comply, listen and follow instruction due to the brevity of the session. Open registration on April 18

Swim 101: Men and Youth ages 13+

SAT 10:00am - 11:00am \$50 6-week session
 An Introduction to the fundamentals of swimming, is the first of a series of swimming styles. The main function of this class is to improve the skill level of the swimmer through practicing the fundamentals of the front crawl (free style). In this class there is room for the non-swimmer to learn how to manage in water and survive.

Aquatic Aerobics: Women & Girls ages 14+

SAT 12:00pm – 1:00pm \$50 6-week session
 WED 6:00pm – 7:00pm \$45 5-week session
 Note: No Class on May 4 \$85 both sessions
 Make a splash with this easy-to-follow, low-impact, high-energy, calorie-burning aquatic workout with our Licensed instructor. This workout blends the aerobics philosophy with water resistance, which is less impact on your joints while toning your muscles with every step.

Swim 101: Women & Girls age 14+

SAT 1:10pm - 1:40pm \$35 6-week session
 WED 7:10pm – 7:40pm \$30 5-week session
 Note: No Class on May 4 \$60 both sessions
 An Introduction to the fundamentals of swimming, is the first of a series of swimming styles. The main function of this class is to improve the skill level of the swimmer through practicing the fundamentals of the front crawl (free style).

Lifeguard on duty during all swim classes.
 Swimming pool located on Level B2.

Gym Membership

Adult Individual (18+)

Monthly- \$20 Annually- \$200

Couple Rate

Monthly- \$35 Annually- \$350

Family Rate (Family of up to 6)

Monthly- \$50 Annually- \$500

Seniors (65+)

Monthly- \$10 Annually \$100

Student Rate (14-21)

Monthly- \$10 Annually \$100

Member Benefits include:

- Access to Pool Hours
- Access to Fitness Room Hours
- Discount on group classes, workshops, Turkish Bath & more
- Members don't start paying until July 1, 2016
- Free DCA ACTIVE t-shirt



Women's Fitness

Meditative Fitness: Women (All Levels)

SUN 9:00am - 10:00am \$45 6-week session

This class will focus on alignment. You will tone muscles, build stronger bones and gain overall strength and flexibility. A certified Instructor will guide students using gentle physical exercise that will stretch and challenge your muscles resulting in more strength and flexibility. The class will end with restorative poses to relax and deepen your connection with your body. Wear loose clothing. Exercise mat provided.

Meditative Fitness: Women (Gentle)

SUN 10:15am - 11:15 am \$45 6-week session

This class is designed with seniors, pregnant women, and others who need a slower, gentle pace, or those looking for immediate benefits of pain reduction, relaxation and lightness in body. Classic poses will be covered as well as breathing exercises. This class will allow students to stretch and tone their muscles, build strong bones and relax the nervous system. The beginning of class will include breathing, stretching, and strengthening poses, followed by restorative stretching poses that will leave you feeling blissful. Wear loose clothing. Exercise mat provided.

Aerobics: Women

MON 6:45pm - 7:45pm \$45 6-week session

Train with a certified Aerobics instructor. A total body dance fitness program that combines all elements of fitness, cardio, muscle conditioning, balance and flexibility, with loads of fun. Open registration on April 19

PoundFit Training: Women

TUE 10:00am - 10:50am \$45 6-week session

Total body conditioning workout with a certified instructor. Workout session incorporates Pound, a low impact full body workout that fuses Pilate movements, strength training and cardio using Ripstix (drumsticks engineered for fitness), Open registration on April 19

Strength Training: Women

TUE 11:00am - 11:50am \$45 6-week session

Strength Training is a high and low impact full body conditioning workout using different equipment such as hand-held weights, bar, resistance bands, stability ball, and medicine ball. Train with a certified instructor. Open registration on April 19

Women's Fitness Room located on level B1

Skills

Self Defense: Women & Girls 13+

SUN 12pm - 1pm \$60 6-week session

Train with a second degree black belt instructor. Class will cover hand, wrist, elbow, and shoulder grabs (chi'nas). It will also cover beginner level drills, grappling, and ground fighting basics. Taijitsu will be incorporated into the classes. Women will learn how to divert attacks from the front, back and side. Self-defense strikes will also be taught. Students will develop a sense of awareness of their surroundings.

Archery: Youth Boys and Girls

SUN 2:30pm - 3:00pm \$60 6-week session

Ages 7-16

Beginner level Archery. All equipment will be provided. Class will meet in the field behind the Guest House Building.

Men's Fitness

Functional Fitness: Men

TUE 6:45pm - 8pm \$50 6-week session

Train with certified and trained professionals. These classes incorporate three (3) different training modalities:

1. Functional strength training to help you build leaner, stronger muscles. The workouts incorporate dumbbells and body-weight exercises to develop strength and power.
2. HIIT training to help improve VO2 max resulting a highly cardiovascular workout, incorporating a wide variety of exercises designed to help you shed body-fat and build lean muscle.
3. Eischens workout will engage the weak muscles in the body, which can make dramatic improvements in your body's alignment.

Open registration on April 19.

Men's Workout room located on level B1.