

## CLASS SCHEDULE: September 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		PT - Tim			PT - Tim
8:00 TO 9:00AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
INSTR		Marla Joy		Marla Joy	
9:00 TO 9:45 AM	Going Solo	Aqua Zumba	Going Solo	Aqua Zumba	Going Solo
INSTR		Marla Joy		Marla Joy	
10:00 TO 10:45AM	Going Solo	Aqua Arthritis	Going Solo	Aqua Arthritis	Going Solo
11:00 TO 12:00PM	RESERVED for Glen Paul	NO Going Solo Reserved: Group RX w/ Tim	Going Solo	Going Solo	NO Going Solo Reserved: Group RX w/ Tim
12:00 TO 1:00PM	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance
	PT - Tim		PT - Diane		
1:00 TO 2:00PM	NO Going Solo Reserved: Group RX w/ Tim	Parent & Me Age: 0-2 Years	NO Going Solo Reserved: Group RX w/ Diane	Parent & Me Age: 0-2 Years	"Open Swim"  <b>ALL AGES</b>  NO Check-In after 4:15
2:00 TO 3:00PM	Going Solo	Kids Swim (All Ages)	Going Solo	Kids Swim (All Ages)	
3:00 TO 4:00PM	Going Solo	Kids Swim (All Ages)	Going Solo	Kids Swim (All Ages)	
4:00 TO 5:00PM	Going Solo	Kids Swim (All Ages) NO Check-In after 4:15	Going Solo	Kids Swim (All Ages) NO Check-In after 4:15	
5:00 TO 6:00PM	Group Swim Lessons	Group Swim Lessons	CLOSED	Group Swim Lessons	Group Swim Lessons
6:00 TO 7:00PM	CLOSED	CLOSED	AiChi with Marla Joy	CLOSED	CLOSED

**Please Note:** Going Solo is an **ADULT ONLY** swim time.

Infant and Kids Swim is available on Tuesdays and Thursdays (1-5pm).  
Class descriptions are available on our website at: [www.vectorpt.org](http://www.vectorpt.org)

**Group Swim Lessons: Sept. 10-28, 2018 Register Now!**



**Vector Aquatic Center**  
3289 Edgewood Rd, Eureka 95501  
707-441-9262 or  
[www.vectorpt.org](http://www.vectorpt.org)

### PRICING

**Punch Card** - \$80.00 / 11 Visits  
\$7.27 per class/visit. Classes: Aqua Arthritis, Aqua Zumba, Going Solo.  
**Per Class** - \$10.00 drop-in fee.

### Parent & Me

(Age: 0-2 Years ONLY) **Pricing:**  
\$10.00 Drop In or Punch Card  
**Children are Free for Parent & Me**

**Kids Fun Swim** (All Ages)

**Pricing:** Age 3-15  
\$6 Drop In, \$5 with Punch Card

**Kids Punch Cards:** \$55.00

*Ages 16+ are regular rates*

**Aqua Physical Therapy by appointment only.**

**Call: 707-442-6463**

*(Reduced-rate punchcards available. Income eligibility requirements apply.)*

**Please call: 442-6463.**



## **CLASS DESCRIPTIONS:**

### **Ai Chi with Marla Joy**

A very soothing water meditation class that uses simple flowing movements. Excellent for de-stressing and relaxing. Pre-registration required.

### **AQUA ARTHRITIS - Water Exercise for Arthritis (45 minutes)**

**PLUS:** The PLUS program is designed for more active adults and is more "energized" with a variety of endurance activities.

**BASIC:** A great entry-level Aqua Arthritis Class

This class is designed for people of any age living with arthritis, rheumatic diseases, or related musculoskeletal conditions. This is a low intensity exercise program focused on improving overall function and performance of daily tasks, mobility, independence, flexibility and coordination. The program includes exercises recommended by the Arthritis Foundation.

Suitable for all ages. Class is conducted in shallow water

Level of mobility: moderate to severe joint involvement, and currently living a sedentary lifestyle. Participants should be able to walk in the pool.



### **AQUA ZUMBA with Marla Joy**

Latin music inspired fitness program, utilizing controlled and slow movements. Gentle guidance through your range of motion, to improve health and well being with instructor Marla Joy. All Ages. 45 min.

About Marla Joy: "ZUMBA® has captured my passion and soul. It is an expression of freedom and pleasure. The fitness benefits are vast. It is a great cardio workout, great for hand-eye coordination, great for being in the moment. Come experience the joy and pleasure of ZUMBA®. No experience is necessary. Bring with you the sense of fun and desire to let go".

Class is conducted in shallow water

Level of mobility: anyone with minor mobility challenges

For more information, visit: [www.marlajoy.zumba.com](http://www.marlajoy.zumba.com)

### **GOING SOLO**

This is an open time, designed for self-directed exercise, swimming or floating.

**Group Rx** - This is a class for patients only. Please speak with our office if you are interested in taking this class.

**Mommy & Me** - Open swim time for parents and infant/toddlers. This is NOT an instructor led class.

**CLASS DESCRIPTIONS:**

**Ai Chi** - A soothing water meditation class that uses simple flowing movements. Excellent for de-stressing and relaxing. Pre-registration required.

**Aqua Arthritis+ PLUS** - The "energized" version of our BASIC Aqua Arthritis class, featuring a variety of endurance activities. 45 min.

**Aqua Arthritis BASIC** - Designed for people of any age with arthritis, rheumatic diseases, or related musculoskeletal conditions. All ages. 45 min.

**Aqua Yoga** - Strengthen core muscles, improve balance, ease joint pressure. Instructor: Amantha Wood, RYT.

**Aqua Zumba** - Latin music inspired fitness program, utilizing controlled and slow movements. Instructor Marla Joy. All Ages. 45 min.

**Going Solo** - This is an open time, designed for self-directed exercise, swimming or floating.

**Group Rx**- This is a reserved class for patients only. **Going Solo is NOT available during this class.**

