



HILLCREST AQUATIC & FITNESS CENTER
 2700 A Street, La Verne CA 91750
 Resident/Community Adult Aquatic and Exercise Programs

For information call
 (909) 392-4029

Visit our website at
www.livingathillcrest.org

New session begins 1st of each month.

*Hillcrest Residents:
 No Fee*

Aquatic Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Aqua Fitness (M/W/F)		Aqua Fitness (M/W/F)		Aqua Fitness (M/W/F)	
9:00 AM	Aqua Cardio (M/W/F)		Aqua Cardio (M/W/F)		Aqua Cardio (M/W/F)	
9:30 AM		<i>Resident Only Swim</i>		<i>Resident Only Swim</i>		aqua ZUMBA® (M/W/S)
10:00 AM <i>New</i>	Community Swim		Community Swim		Community Swim	
12:30 PM	Community Swim	Community Swim	Community Swim	Community Swim	Community Swim	
2:00 PM	Community Lap Swim	Community Lap Swim	Community Lap Swim	Community Lap Swim	Community Lap Swim	
3:30 PM	<i>Resident Only Swim</i>	Aqua Fitness (Tu/Th)	<i>Resident Only Swim</i>	Aqua Fitness (Tu/Th)	<i>Resident Only Swim</i>	
5:00 PM	<i>Resident Only Swim</i>	<i>Resident Only Swim</i>	<i>Resident Only Swim</i>	<i>Resident Only Swim</i>	<i>Resident Only Swim</i>	
6:00 PM	aqua Zone (M/W/S)	<i>Resident Only Swim</i>	aqua ZUMBA® (M/W/S)	<i>Resident Only Swim</i>	<i>Resident Only Swim</i>	

AFC Exercise Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Walking (M/W)	Cardio Sculpt (Tu)	Walking (M/W)			
8:30 AM	Tai Chi DVD (M/W/F)		Tai Chi DVD (M/W/F)		Tai Chi DVD (M/W/F)	Yoga Basics (Th/Sat)
9:00 AM		QiGong (Tu)		Yoga Basics (Th/Sat)		
9:15 AM	Fall Prevention (M/W/F)		Fall Prevention (M/W/F)		Fall Prevention (M/W/F)	
10:15 AM	Chair Yoga (M/Th)			Chair Yoga (M/Th)		
By Appointment	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training

Name of Class	Monthly Fee
Aqua Fitness, Aqua Cardio	\$45
Community Swim/ Lap Swim, Exclusive Swim	\$35
Aqua Zone/Zumba	\$15
Yoga Basics/Chair, QiGong, Cardio Sculpt	No Fee

Spring Special
 Register for any Aqua Cardio/Fitness class and attend
 Aqua Zumba at no additional fee.

Payments due 1st Monday of every month.

Aquatic Class Descriptions

Aqua Cardio: This level 2-3 water workout includes cardio and resistance training to help tone and sculpt without impact to the joints. Resistance tools may include buoyant water weights and noodles.

Aqua Fitness: This level 1 –2 class offers a little bit of everything including warm-up, cardio conditioning, upper body toning, abdominal exercises and stretching. A variety of equipment may be used during the workout.

Aqua Zone: This course is the workout that zones into different parts of the body for maximum results. This class is the perfect compliment to Aqua Zumba!

Aqua Zumba: This specialty course is the “pool party” workout for all ages, effective and challenging water based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines.

Community Lap Swim: Community program open for lap swimmers only—Buddy System.

Community Swim / Resident Swim: Community program open for independent use of the pool—Buddy System.

What to Bring: *Water shoes are mandatory, swim suit, towel, drinking water. Swim classes are for ages 15 and older.*

Exercise Class Descriptions

Fall Prevention: This class will help increase mobility and independence by improving lower body strength, endurance, flexibility and bone mass.

Cardio Sculpt: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. The cardio portion of this class will be conducted upright on our feet. The sculpt portion of this class will be conducted on the floor using an exercise mat. We use resistance props to guarantee you'll burn calories while giving your muscles a great workout! . *Class with 5 or less participants will be instructed in a modified 30 minute class.*

Chair Yoga: Chair yoga is easy and fun and can be done by most people, regardless of age. Participants are encouraged to go at their own pace and do only what feels comfortable. It includes relaxation for mind and body, as well as gentle stretches to release tension from various areas of the body.

Tai Chi: Work out to DVD.

WALKING: Meet in AFC Lobby for walk around campus.

Yoga Basics: This gentle class is not rigorous and appropriate for students that are stiff, not very strong, or just want to enjoy very basic yoga. It is ideal for students working with injuries or limited range of motion. Students will be getting on their hands and knees on the floor. Bring yoga mat or towel & water. *Class with 5 or less participants will be instructed in a modified 30 minute stretch class.*

Personal Training (by appointment): Our certified personal trainers will design an exercise program for you and guide you through your workouts during private sessions. We will determine what type of exercise routine is best for you based on your goals whether they involve losing weight, gaining strength or improving your time for 5k race. It is likely you will see great improvements in your fitness and performance. *(Personal Training clients are able to attend all scheduled fitness classes, and use of Equipment Room during weekday hours while under contract.)*

Residents: 5 Sessions: No Fee

Associates/Community: 5 Sessions: \$125

Minimum of 5 sessions per purchase.

Sessions expire 1 month after purchase.

QiGong: Qi Gong is the practice of aligning breath, movement, and awareness for the health of mind, body, and spirit. The class can adapt to some chair work. All are welcome.

DSS #191501662 Certificate of Authority #069



Fees are subject to

access/use by anyone to our facility.

change. We reserve the right to refuse