

Class Descriptions

AQUATICS

Aqua Level 1 — A 45-minute class with a variety of exercises that will increase your range of motion, flexibility and ease your pain. Ideal for those with arthritis, injuries or beginning an aquatic exercise program.

Aqua Level 2 — Middle of the road class designed to prepare individuals to advance to Level 3. This 45-minute intermediate class will include cardio respiratory conditioning while still focusing on flexibility and range of motion. Medium Intensity.

Aqua Level 3 - This class is a step above level 2. It consists of 45 minutes of cardio-respiratory, muscle toning, strengthening and stretching.

Joyful Joints— A class which involves a variety of exercises designed for aerobic and flexibility. This class is great for all fitness levels.

LAND CLASSES

(Movement & Education Room)

Balance Level 1- This class will take you through a series of poses and breathing exercises to improve your flexibility, strength, and balance. Beginners are welcome!

Balance Level 2 - Expanding upon our Level 1 class, you will work on more dynamic balance exercises that will help your reflex response as well as increase your strength and range of motion. We incorporate different equipment and props to elevate the difficulty.

Circuit -This class will alternate between cardio and balance exercises in a specific amount of time. Beginner to intermediate

Schedule of Classes Winter 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 AM— 4:00 PM	7:00 AM— 4:00 PM	7:00 AM— 6:00 PM	7:00 AM— 6:00 PM	7:00 AM— 4:00 PM	8:00 AM— 12:30 PM
Aqua	11:00AM Aqua Level 2 2:30 PM Aqua Level 3	11:00AM Aqua Level 1 2:30 PM Aqua Level 3	10:00 Arthritis 11:00AM Aqua Level 2 2:30 PM Aqua Level 3	11:00AM Aqua Level 1 2:30 PM Aqua Level 3	11:00AM Aqua Level 2 2:30 PM Aqua Level 3	Open Swim 10:30 Joyful Joints (Aerobic and Range of Motion)
Land	9:30 AM Muscles In Motion 10:30AM Chair Yoga	9:30 AM Circuit 10:30AM Balance Level 2 11:15AM Balance Level 1	9:30 AM Muscles In Motion 2:30PM Arthritis	9:30 AM Circuit 10:30AM Balance Level 2 11:15AM Balance Level 1	9:30 AM Muscles In Motion 11:00AM Arthritis	Open Gym

LAND CLASSES

(Movement & Education Room)

Muscles in Motion - In this fun group class, exercises can be done from a chair and you have the option to use strength equipment (weights & Therabands) to challenge all major muscles groups.

Chair Yoga- Taught by April Aloisio- Kripalu Yoga that demonstrates movement, breath work and meditation can improve health and help reverse the aging process.

Membership Rates

	1 yr.	6 mo.
Volunteer/ Diamond Club/ Confident Living	\$300	\$200
Family Member Of Resident	\$439	\$232
* Community Member	\$482	\$263

There is a \$50 registration fee

FITNESS ROOM

Our advanced fitness room has a full range of equipment to include:

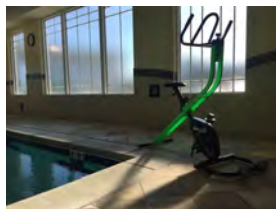
- Nu-Steps
- Elliptical
- Treadmills
- SciFit up-right bike
- Keiser Strength Machines
- Keiser Stretch Zone
- Keiser Performance Trainer
- Nautilus free weights & bench
- Stability balls
- Resistance bands
- Balance training equipment



AQUATIC AREA

The Connection is home to a bright, welcoming aquatic area that houses a warm-water pool and whirlpool. At a comfortable 89 degrees, our pool has revitalizing benefits for those suffering from arthritis or other similar issues. Our 102-degree whirlpool offers a calm and relaxing place after a great workout. We have a variety of equipment that you may use in the aquatic area:

- Submersible aquatic bikes
- Weights
- Noodles
- Float belts
- Kickboards
- Webbed gloves
- And more...



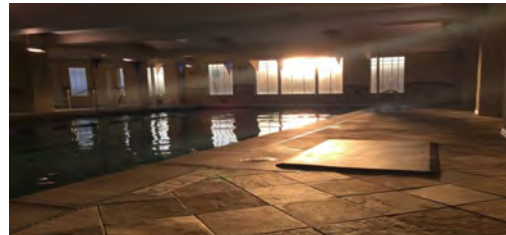
MISCELLANEOUS

Our Pool and Fitness Room are staffed at all times when we are open.

Individual instruction is available in the pool and fitness room.

Our professional staff can perform a personal assessment and develop a program to help you meet your fitness goals. We can also work with therapy to create a plan for your continued recovery.

Our facility offers locker rooms with showers, restrooms, and a vanity area with blow dryers to meet your needs. It is also fully stocked with towels, washcloths, and hand towels.



Monday, Tuesday, Friday 7:00am-4:00pm
Wednesday, Thursday 7:00am-6:00pm
Saturday 8:00am-12:30pm

Please see us for details about our 24-hour program.

**9840 Montgomery Rd.
Cincinnati, OH 45242**

513-247-1331– **Gabe Stiver**
Wellness Coordinator
513-247-1332– **Aquatic Office**
513-247-1333– **Fitness Office**

The Connection



Twin Lakes
A LIFE ENRICHING COMMUNITY
The Choice in Wellness Lifestyle.™