

# RFGH COMMUNITY AQUATIC & FITNESS PROGRAMS



## **POOL CLASS OFFERINGS:**

### **ARTHRITIS EASY MOVES:**

This class is designed to benefit those diagnosed with arthritis or fibromyalgia. Gentle exercises help improve balance, range of motion, flexibility and mobility. It is held in the 93° therapy pool and consists of low intensity, grounded exercises that use resistance from the water. Water equipment is used by participants as tolerated.

### **WATER AEROBICS CLASS:**

Held in the four-foot lap pool, this class combines high-energy water exercises designed to improve cardiovascular health, balance, core strength and flexibility. A variety of water exercise equipment is used to challenge participants. Participants are encouraged to work at their own pace and use the resistance from the water for a dynamic workout. Music is played, and moderate to high-impact fitness moves are demonstrated with the option to modify down.

### **WATER FITNESS CLASS:**

Held in the four-foot lap pool, this class is ideal for participants looking to improve cardiovascular health, balance, core strength and flexibility. This class combines moderate, grounded water exercises using equipment and resistance from the water for a full body workout. Low to moderate intensity exercises are shown with the option to modify-up for a more challenging workout. A variety of music is played to keep workouts fun and upbeat.

## **FITNESS ROOM CLASS OFFERINGS:**

### **CIRCUIT TRAINING:**

This class is held in the air-conditioned fitness room. A variety of cardiovascular and strength training equipment is used. The class is lead through a dynamic warm-up, sets of alternating exercises that encourage a full body workout, a cool down and stretch. Exercises have varying degrees of intensity and complexity to encourage "Brain Training". Music is played and opportunities to modify exercises are shown.

### **CHAIR YOGA:**

This class is held in the air-conditioned fitness room. Using gentle yoga techniques participants work on balance, flexibility and range of motion. Participants are encouraged to work at their own pace.

### **PERSONAL TRAINING :**

Personal training is available for participants looking for a personalized workout plan. A certified personal trainer designs a plan that guides participants toward their personal fitness goals. This one-on-one approach may be implemented on land or in the water. Please see the front desk for further details or to schedule.



SEE REVERSE SIDE FOR CLASS TIMES, RATES AND CONTACT INFORMATION

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## HOURS & CONTACT INFO

MON. - THURS. 7 AM - 6 PM  
FRI. 7 AM - 4 PM

CLOSED DAILY 12 - 1 PM

POOL: 207-858-8855  
CLINIC: 207-474-7000

REHAB & FITNESS SERVICES  
57 FAIRVIEW AVE  
SKOWHEGAN, ME 04976  
[www.rfgh.net](http://www.rfgh.net)

## POOL CLASS SCHEDULE:

### ARTHRITIS EASY MOVES

MONDAY, WEDNESDAY, FRIDAY 11:05 AM - 11:40 AM

### WATER AEROBICS

MONDAY, WEDNESDAY, FRIDAY 7:05 AM - 7:40 AM

### WATER FITNESS

MONDAY & FRIDAY 9:15 - 10:00 AM

TUESDAY & THURSDAY 8:05 AM - 8:40 AM and 10:05 AM - 10:40 AM

## MONTHLY RATES

REGULAR: \$60.00

SENIOR/STUDENT: \$30.00

REWARDS \$45.00

### MEMBERSHIP INCLUDES:

- ♦ Access to both pools, air-conditioned weight room and all year 'round classes
- ♦ Therapy pool heated to 93°
- ♦ Lap pool heated to 84°

## FITNESS ROOM CLASS OFFERINGS:

### CIRCUIT TRAINING

MONDAY & FRIDAY 8:15 - 9:00 AM

WEDNESDAY 9:00 - 9:45 AM

### CHAIR YOGA

THURSDAY 1:00 - 1:40 PM

### PERSONAL TRAINING

BY APPOINTMENT ONLY

## DAILY RATES

ADULTS: \$7.50

SENIOR/STUDENT: \$3.00

AGE 5 & UNDER: FREE

SSF MEMBER 50% OFF



SEE REVERSE SIDE FOR DETAILED CLASS INFORMATION