

ADULTS Ages 16 & above

Aquatics

OPEN RECREATION SWIM

This is a chance for parents and children to enjoy our pool together.

Open Rec Swim - Competition Pool

Sun	1:00pm - 4:30pm
Mon & Thu	2:30pm - 4:00pm
Tue, Wed-& Fri	2:30pm - 4:30pm
Tue	6:00pm - 8:30pm
Thu & Fri	6:30pm - 8:30pm
Mon-& Wed	7:30pm - 8:30pm
Sat	9:30am -11:30am
Sat	no lap swim 2:00pm - 3:30pm

LAP/EXERCISE IN THE ORIGINAL POOL

These times in the original pool are reserved for people who either wish to swim in warmer water or wish to walk in the pool.

Mon - Thurs	6:30am - 8:30am
Fri	6:30am - 8:15am
Mon - Fri	11:30am - 12:30pm
Sat	12:30pm - 1:30pm

Members FREE

Non-Members \$6.00

ADULT LAP SWIM IN THE COMPETITION POOL

Our competition pool is available to adults who wish to swim laps on the following schedule

Monday - Friday	5:30am - 9:30am 11:30am -1:00pm
Mon & Thursday	4:00pm - 5:00pm
Tues	6:00pm - 9:15pm
Mon & Wed	8:00pm - 9:15pm
Tuesday	6:00pm - 9:15pm
Thursday	7:30pm - 9:15pm
Friday	6:30pm - 7:00pm
Friday	8:30pm - 9:15pm
Saturday	8:30am - 9:30am 9:30am -11:30am 11:30am-12:30pm
Sunday	10:00am -1:00pm

During some Open Recreation Swim times there may be lanes available. There are times that there will be no lanes available because the pool is already being shared. Please check the day by day program on page 4.

Members FREE

Non-Members \$6.00

ADULT SWIM LESSONS IN THE ORIGINAL POOL

Come learn to swim or brush up on your skills. You are never too old to enjoy the water. These lessons are drop in.

Monday	6:15 - 7:15pm
Members \$6.00	Non-Member \$12.00

ADULT WATER WORKOUT IN THE ORIGINAL POOL

Come and have fun exercising in the warm original pool. This is a full body workout that will help tone your entire body. Made easier by the water's support, does not stress the joints and lowers the chance of injury.

Mon & Wed	2:15- 3:00pm
Tue & Thurs	10:45-11:30am
Members Free	Non-Members \$8.00

ADULT ARTHRITIS AQUA CLASS

The Arthritis Foundation has designed this class to help people with arthritis remain mobile. Water helps to take the stress off your joints while exercising. Come try it out and make some new friends.

Mon & Wed	3:00 - 3:45pm
Thursday	10:00 - 10:45am
Members: free	Non-Members: \$8.00

MASTERS SWIM TEAM

Adult swimming program that is designed for ages 18 & up who are looking to improve their strokes and current technique, build a better leg for your triathlon, learn new drills or meet some new faces in the pool. Come give us a try! You can choose between any two sessions per week along with a Saturday morning. (8:15-9:30am)

Session I: Mon & Wed	7:00-8:00pm
Session II: Tues & Thurs	5:30-6:30am

Members \$90

Non-Members \$130

AQUA EXERCISE CLASSES

Arthritis Foundation Program: This is designed to improve joint flexibility through movement in warm water, using natural water resistance.

Aqua Aerobics: High-energy activity combined with water resistance for an excellent, well-rounded workout, safe & effective for any level.

Lite Pace Aqua Aerobics: This lower-intensity aqua aerobics class is perfect for beginners.

Aqua Interval Training: Combines intervals of high-intensity Aqua Aerobics with muscle toning.

Aqua Box and Tone: Combines intervals of resistance training with Aqua Aerobics and underwater kickboxing techniques.

Deep Water/ Aqua Interval Training: Utilizes buoyancy belts in deep water for added intensity.

SilverSneakers® SilverSplash: Activates your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Water Workout: Try this refreshing way to exercise in our original pool. The program is especially recommended to those who find it difficult to exercise due to arthritis that restricts movement. We've got warm water and easy steps in and out of the water.

ORIGINAL POOL

Mon	2:15pm-3:00pm 3:00 pm-3:45pm 7:15pm- 8:15pm	Water Workout Arthritis Foundation Lite Pace Aqua Aerobics
Tue	8:30am-9:15am 10:45am-11:30am 7:15pm-8:15pm	SilverSplash Water Workout Power Aqua Aerobics
Wed	2:15pm-3:00pm 3:00pm-3:45pm 7:15pm-8:15pm	Water Workout Arthritis Foundation Aqua Box & Tone
Thu	10:00am-10:30am 10:45am-11:30am 7:15pm-8:15pm	Arthritis Foundation Water Workout Deep Water Aerobics
Fri	8:15am- 9:00am 9:00am-10:00am 6:00pm-7:00pm	SilverSplash Aqua Interval Yoqua
Sun	3:45pm-4:45pm	Lite Pace Aqua Aerobics

COMPETITION POOL

Mon	9:30am-10:30am	Aqua Aerobics
Tue	9:30am-10:30am	Water Fitness Aerobics
Wed	9:30am-10:30am	Aqua Aerobics
Thu	9:30am-10:30am	Aqua Intervals Aerobics

Members **FREE**

Non-Members **\$8.00**

Coupon Booklet- 10 classes for \$70.00

Athletic Programs

MEN'S OPEN BASKETBALL LEAGUE

Our Monday night league features 9 weeks of play with a championship game. There are 4 teams with 8 players on each. Games are played at 7:00 & 8:00pm. Come join us and show us what you've got. Players of all abilities welcome. Ages 18 & over.

Mondays Dec. 19th -Feb. 20th 18 & over

Members **\$60.00**

Non-Members **\$85.00**

MEN'S OVER 30 BASKETBALL LEAGUE

Our Wednesday night league features 10 weeks of play with 2 weeks of play offs. There are 6 teams with 8 players on each. Games are played at 7:00, 8:00, & 9:00pm. Come join us and get back in the game!!

The Gray Barn is a proud sponsor of the Men's Over 30 league.

Wednesdays Dec. 14 - Mar 7th 30 & over
No class Feb 22nd

Members **\$65.00**

Non-Members **\$95.00**

OPEN RECREATION-Gymnasium

Mon-Fri	6:00am-8:30am
Mon & Fri	12:00pm-1:15pm
Wed	12:15pm-1:15pm
Mon	5:00pm-6:30pm
Tues & Thurs	8:00pm-9:30pm
Fri (gr.6 & above)	7:30pm-9:30pm
Sat	9:30am-10:30am
Sat	1:00pm-2:30pm
Sun	9:00am-10:30am
Sun	4:00pm-5:00pm

Members **FREE**

Non-Members **\$6.00**

Fitness

Fitness Center Hours of Operation

Mon - Fri 5:30am - 9:30pm
Sat 8:00am - 8:00pm
Sun 9:00am - 5:00pm

FITNESS CENTER

As part of our mission to help provide for a healthy lifestyle, we offer a comprehensive fitness program, available to those ages 14 and older. Our health room features the latest cardio & strength equipment from STAR TRAC® & LIFE FITNESS® Included are 8 E-TRxe treadmills, 3 E-TBTe Body Trainers (elliptical), 2 E-URBe recumbent and 2 E-Ube upright bikes all made by StarTrac®. Also a stair climber, an upper body exercise machine, and rowers. The LifeFitness® Pro Series offers you the latest strength machines to perform your weight regimen with safety and ease. There are also plenty of free weights, dumbbells, benches, Olympic bars, and strength specialty items for a very complete and varied routine.

Our health room is staffed to help you get the most from your program. The room is climate controlled for year-round comfort, with pleasant background music and television viewing from the cardio machines. Our clientele is a positive mix of ages, in various stages of their fitness goals, making for a non-inhibiting atmosphere for you to begin or continue a fitness program.

For our new members, an Orientation of the room is available as part of your membership, but by appointment only. What this entails is a walk through with one of our Fitness Staff of all the machines and instruction on their proper use.

PERSONAL & GROUP TRAINING

We have a team of Certified Personal Trainers that will provide the expertise and guidance you are looking for to attain your goals. Regardless of your existing fitness level we are ready to be your partner in your fitness goals. Available for ages 16 and older. Please contact George Hockman at (508)234-8184 X115 to set up an appointment with one of our trainers. MEMBERS ONLY.

Personal Training Sessions

Personal training session
1 session: \$35

Semi-Group Personal Training Sessions

Have some fun and have a friend or family member join you. Semi-Group training consists of 2 to 3 people.
4 sessions: \$25 per person/session

Small Group Personal Training Sessions

Save some more money and get a group together to meet your fitness needs. Small Group training must consist of at least 5 but no more than 6 people.
4 Sessions: \$22 per person/session

FOAM ROLLERS

Try our new Foam Roller class. Foam rollers have multiple uses, but this class will focus on their use for stretching and myofascial release. This is a great way to warm up and increase flexibility before beginning your workout. Foam rollers can target trigger points, increase range of motion, increase training efficiency, and speed up the recovery process.

Contact George Hockman to schedule a 30 minute class (508)-234-8184 x115
Members only: \$10

NEW! IMPROVE YOUR GOLF GAME

This new fitness program will get more enjoyment from your golf game by using the winter to improve your performance. The golf swing requires flexibility, balance, strength, and power which can be increased by following a comprehensive training program. Let us assist you in developing a fitness program that will help your game.

Contact George Hockman, Health & Fitness Director, to schedule a 60 minute session. 508-234-8184 x115
Members Only: \$35

NEW! BIGGEST WEEKEND LOSER WCC's WEIGHT LOSS CHALLENGE

We've all seen how the game's played; the highest percent of body weight lost wins. So now it's your turn in this winner takes all challenge. Grand prize will be \$500 or an adult membership for a year (\$595 value). Other prizes for runner's up.

The challenge will be 9 weeks long. You will be split up into 5 teams of 4 where you will have a 1 hour work out on a Friday, Saturday or Sunday with one of WCC's Personal Trainers.

An informational meeting will be required for you to attend in order to participate. All rules, forms, and detailed information will be given out at this meeting on Jan 5, 2012 at 7:30pm.

The challenge will run January 20th - March 25th
\$215 per person (Members Only)

This challenge will require a minimum of 16 or a max of 20 people in order to run. Once Challenge begins, there will be no refunds.

Are you big enough, strong enough and/or got the will power for this challenge? There's only one way to find out!

For further information please contact Dave Scichilone at ext.103 or Tina Bohaboy @ Tina.Bohaboy@ourgym.org

Aerobics

AEROBICS CLASS DESCRIPTIONS

See Page 5 for Complete Schedule

Aqua Interval Training -Intervals of vigorous Aqua Aerobics and weight training combine to make this a great fat-burning muscle-building class.

BOSU Body Blast: This class will lead you through power-packed choreography that mixes athletic and step moves with dynamic balance and circuit training combines athletic aerobic movements with strength and stabilization as well as core exercises.

Butts N Guts: 45 minutes of an intense workout of abdominals and glutes using mat, weights and stability ball.

Body Blast: This class combines intervals of hi/low aerobics & strength training.

Cardio BOSU Intervals: This class combines intervals of Bosu, aerobics and strength training that incorporates the Bosu into your workout to improve the strength and endurance of you core muscles.

Cardio Pump - A mix of Cardio and weights to help build endurance and strength, including interval training

Deep Water/Aqua Intervals - Combines deep water Aqua Aerobics with intervals of resistance training.

Endurance Spin: This class simulates an outdoor ride and increases cardiovascular capacity by combining endurance, interval training, and cadence control. This class will help build and maintain endurance year-round especially during the off season.

Fitness Yoga - Seeking meditation in movement, this class will flow with breath from one pose to the next, building heat in the body as we strengthen and stretch your way through a total yoga workout. Expect plenty of sun salutations and posture flows.

Hatha Yoga - This class is suitable for all levels of fitness and will include breathing exercises, yoga postures and relaxation to stretch and strengthen the entire body as well as to help focus and calm the mind.

H.E.A.T. High Energy Athletic Training classes combine speed/agility drills, calisthenics, aerobics, strength training and more.

Interval Training- Conditioning exercise to help improve cardio as well as muscle strength. Dynamic movements & plyometrics help to build core muscles as well as improve agility & balance

Kick Box Boot Camp: Experience a total body sculpting class with partner drills, core/ab exercises, squats to tone the lower body and more!

Level 1 Spin: Level one Spin is perfect for all spinners. First time riders can get a true feel how the class runs and learn basic queuing, while getting a feel for the bike. Seasoned riders can take advantage of this class for a lighter pace that will help in recovery or add diversity to training routines

Lite Pace Aqua Aerobics - This lower-intensity Aqua Aerobics class is perfect for beginners.

Lite Pace Zumba: A low impact aerobic choreographed class with easy to follow choreography.

New Mom Workout: Are you a new mom who wants to get in shape after having a baby? Strengthen your body, lose the baby weight, have more energy and start to feel like yourself again with a circuit style workout designed for new moms. Babies and moms are welcome

Morning Fitness - This co-ed program offers a variety of callisthenic exercises, abdominal work and stretches.

Muscle Mix - This class offers a challenging combination of muscle-toning techniques using Spri bands, tubes and weights.

Pilates - Pilates transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body. It teaches body awareness, good posture and easy graceful movement. Pilates will improve flexibility, agility, and economy of motion.

Kick Box Intervals - An intermediate cardio kickboxing class using the bags with intense core abdominal work.

Spin /ABS - Need a little extra from your spin class? Add 15 minutes of core work at the end of your ride to kick your current fitness routine up a notch.

Step Combo - A low intensity Step aerobics class for beginners or members new to fitness.

Step Intervals - A Step/Cardio workout involving step intervals on and off the step and strength training intervals using free weights and tubing.

Step & Tone - Full Step segment followed by muscle toning and abdominal work.

Yoqua - A user-friendly aqua fusion of Yoga, Pilates and Tai Chi. This class is designed to strengthen core muscles, enhance flexibility, and increase range of motion and circulation. Relax your mind while you strengthen your body.

Yogalates - A class that combines core training of Pilates with the balance and flexibility of Yoga. No prior experience necessary. Learn Yoga and Pilates breathing techniques to add quality to all your fitness programs.

20/20/20- This class has it all! 20 minutes of cardio to get your heart pumping, followed by 20 minutes of strength training for lean, strong muscles. Pounding out the workout will be 20 minutes of core training to strengthen the abs and back.

Zumba: This class combines Latin Salsa, Cha Cha and Merenge moves and takes the principals of fitness intervals along with resistance training to maximize fat burning to totally tone your body...all while having a great time!! Easy to follow moves to create a workout that will blow you away!

Per Class Fee: Members FREE

Non-Members \$8.00, 10 Classes for \$70.00

FOR OUR OLDER ACTIVE ADULTS

HEALTHWAYS



Attention:

All people enrolled on the Senior Plan of the Fallon Community Health Plan are entitled to a Whitin Community Center Membership at no additional cost beyond your plan payment that includes the Health and Fitness Room.

SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOVEMENT CONDITIONING CLASS

Move through a variety of exercises designed to increase muscular strength, range of movement and skill required during activities for daily living (ADL). Hand-held weights, elastic tubing and a ball are offered for resistance, and a chair is used for seated and/or standing support. Classes are held in the Aerobics Studio. No pre-registration is required.

Mon & Wed 11:30am -12:15pm

Member: FREE Non-Member: \$4.00

SILVERSNEAKERS® SILVERSPLASH®

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Classes are held in the original pool. Hair covering is required.

Tue 8:30am - 9:15am
Fri 8:15am - 9:00am

Members FREE Non-Members \$4.00

SILVERSNEAKERS® CARDIO®

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with low-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position. Please wear comfortable clothing and supportive shoes, and bring water to drink. This class is held in the aerobics studio. No pre-registration is required.

Fri 11:15am - 12:00pm

Members FREE Non-Members \$4.00

SENIOR YOGA STRETCH

Senior Yoga Stretch will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Classes are held in the aerobics studio. No pre-registration is required.

Tue 11:00am - 11:45am

Members FREE Non-Members \$4.00