



Water Exercise Schedule

*All classes and times subject to change

HEALTH & FITNESS CLUB

1200 Harwood Drive S • Fargo, ND 58104
701-526-1055 • Touchmark.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am	Open at 6 am	Open at 6 am	Open at 6 am	Open at 6 am	Open at 6 am	Closed	Closed
8:00 am						Open at 8 am	Closed
8:15 am		Deep Water Exercise					Closed
9 am	Intermediate Water Exercise	Basic Water Exercise	Intermediate Water Exercise	Basic Water Exercise	Intermediate Water Exercise		Closed
9:45 am		Hydro-Pilates*		Hydro-Pilates*			Closed
9:30 am							Closed
10 am	Basic Water Exercise		Basic Water Exercise		Basic Water Exercise	Water Exercise	Closed
10:30 am		FallProof H2O		FallProof H2O			Closed
12:00 pm							Open at 12 pm
2 pm	Arthritis Foundation Water Exercise	Arthritis Foundation Water Exercise	Arthritis Foundation Water Exercise	Arthritis Foundation Water Exercise			
3:45 pm		Intermediate Water Exercise		Intermediate Water Exercise		Close at 4 pm	
5:30 pm	Intermediate Water Exercise	Intermediate Water Exercise	Intermediate Water Exercise	Intermediate Water Exercise		Closed	
6:10 pm	Hydro-Pilates*	Deep Water Exercise	Hydro-Pilates*	Deep Water Exercise		Closed	Close at 6 pm
7 pm					Close at 7 pm	Closed	Closed
9 pm	Close at 9 pm	Close at 9 pm	Close at 9 pm	Close at 9 pm	Closed	Closed	Closed

*Please sign up at the front desk for these classes.

Swimming Pool Hours

Monday - Thursday: 6 am – 8:45 pm

Friday: 6 am – 6:45 pm

Saturday: 8 am – 3:45 pm

Sunday: 12 – 5:45 pm

Description of Classes

All classes and times are subject to change

<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
Hydro-Pilates*	M/W 6:10 – 6:40 pm	Water, All Levels	Hydro-Pilates™ are non-impact strengthening and stretching movements that require precise breathing and muscle control. This class will have a Mind-body focus. Hydro-Pilates™ initiates movements from the core muscles out to your extremities. This class will focus on core stabilization, posture correction, increasing muscle strength and stress relief.
	T/Th 9:45 – 10:15 am		
Deep Water Exercise	Tue 8:15 – 8:45 am	Water, Intermediate	This great workout is very low impact, and intensity is increased through the resistance of the water. Using float belts, you power walk or run with enough vertical space so your feet do not touch the bottom.
	T/Th 6:10 – 6:40 pm		
Arthritis Foundation Water Exercise*	M-Th 2 - 3 pm	Water, All Levels	Specially designed exercises help participants improve their joint flexibility and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Class Fee is \$20 for 12 classes. New Monday/Wednesday classes!
New! Saturday Water Exercise	Saturday 10 – 10:40 am	Water, Basic	Classes are held in the shallow end of the pool. Knowing how to swim is not a prerequisite.
Basic Water Exercise	M/W/F 10 – 10:40 am	Water, Basic	Classes are held in the shallow end of the pool. Knowing how to swim is not a prerequisite.
	T/Th 9 – 9:40 am		
Intermediate Water Exercise	M/W/F 9 - 9:40 am	Water, Intermediate	Tone your arms, legs, buns, and abs while getting the great benefits of a low-impact cardio workout. Knowing how to swim is not a prerequisite.
	M/T/W/Th 5:30 – 6:10 pm		
	T/Th 3:45 – 4:30 pm		
FallProof H2O	T/Th 10:30 – 11:30 am	Water, Balance	The focus in this class will be to use the unique properties of water and the pool's currents to challenge balance and mobility in a confidence-building environment. Core and stabilizing muscles will be engaged through a number of balance related skills and exercises.

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Minimum of six participants needed for all classes.



Fitness Schedule

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am	Open at 6 am	Open at 6 am	Open at 6 am	Open at 6 am	Open at 6 am	Closed	Closed
6:30 am						Closed	Closed
8:00 am						Open at 8 am	Closed
9 am							Closed
9:20 am	Yoga*		Yoga*				Closed
9:30 am		Posture & Balance		Posture & Balance			Closed
10 am	Level 1				Level 1		Closed
10:30 am							Closed
12:00 pm							Open at 12 pm
4 pm						Close at 4 pm	
5:15 pm	Circuit Training <i>Coming Soon!</i>		Zumba*			Closed	
5:30 pm		Tai Chi Chih*				Closed	
6:30 pm			Circuit Training <i>Coming Soon!</i>			Closed	Close at 6 pm
7 pm					Close at 7 pm	Closed	Closed
9 pm	Close at 9 pm	Close at 9 pm	Close at 9 pm	Close at 9 pm	Closed	Closed	Closed

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Exercise Room Hours
Monday - Thursday: 6 am - 9 pm
Friday: 6 am - 7 pm
Saturday: 8 am - 4 pm
Sunday: 12 - 6 pm

Description of Classes

All classes and times are subject to change

<i>Class Title</i>	<i>Days/Times</i>	<i>Category</i>	<i>Explanation</i>
Yoga	M/W 9:20 – 9:50 am	Land, All Levels	Get started with Basic Yoga, which is based on traditional yoga principles with an emphasis on fitness and exercise.
Zumba*	Wednesday 5:15 – 6:15 pm	Land, All Levels	The Zumba® program fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will help you achieve long-term benefits while having an absolute blast. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!
Posture & Balance	T/Th 9:30 – 10:10 am	Land, Basic	With the use of equipment, engage your core and stabilizer muscles, which are needed for balance.
Tai Chi Chih*	Tuesday 5:30 pm	Land, All Levels	Help circulate energy throughout the body with a series of slow, soft movements.
Level 1 Exercise Class	M/F 10 – 10:45 am	Land, All Levels	Basic exercise done in a seated and standing position. Class focuses on flexibility, strengthening and balance related exercises.
Bone Builders Coming Soon!	M/W TBD	Land, All Levels	Bone Builders is a free, alternative exercise program that strives to combat the negative effects of osteoporosis. Bone Builders benefits also include improved balance, increased energy and mobility, and decreased blood pressure.
Circuit Training Coming Soon!	M 5:30 – 6 pm W 6:30 – 7 pm	Land, All Levels	A combination of strength and cardiovascular exercises moving from station to station. Circuit training is a very efficient form of exercise!

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