



# Aquatic Schedule

HEALTH & FITNESS CLUB

1000 West Century Avenue • Bismarck, ND 58503  
701-355-1280 • Touchmark.com

\*All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:40 am	Open	Open	Open	Open	Open		Closed
7 am							Closed
8 - 8:45 am	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast	Aqua Blast	Open at 8 am	Closed
9 - 9:45 am	Silver Splash	Volleyball (8:50-9:50 am)	Silver Splash	Volleyball (8:50-9:50 am)	Silver Splash		Closed
10 - 10:45 am		Hydro Aeroflex		Hydro Aeroflex			Closed
10:15 - 11 am	JAWS		JAWS		JAWS		Closed
12 - 12:45 am						Close at Noon	Closed
1 - 1:45 pm						Closed	Closed
2 - 2:45 pm	Water Aerobics		Water Aerobics		Water Aerobics	Closed	Closed
4:15 - 4:50 pm	Aqua Fit					Closed	Closed
5 - 5:45 pm	Aqua Fit	AquaLogix	Aqua Fit	AquaLogix	Aqua Fit	Closed	Closed
6 - 6:30 pm						Closed	Closed
6:30 pm						Closed	Closed
7 pm	Close at 6:45	Close at 6:45	Close at 6:45	Close at 6:45	Close at 6:45	Closed	Closed

\*Assessment recommended to attend this class



## Pool Hours

**Monday - Friday: 5:40 am - 6:45 pm\***

**Saturday: 8 - 11:45 am\***

**Sunday: Closed**

\*Please note the pool closes 15 minutes earlier than actual closing time for cleaning and securing the area

# Description of Classes

All classes and times are subject to change

<i>Class Title</i>	<i>Days/Times</i>	<i>Exertion</i>	<i>Explanation</i>
Aqua Blast*	Tues/Thurs 8 - 8:45 am	■ and ♥	This high-energy class will take your workout to the next level! A little cardio, a little strength, and a whole lot of spice, Aqua Blast will strengthen and tone muscles for an extremely intense and effective workout.
Silver Splash®	Mon/Wed/Fri 9 - 9:45 am Fridays 8 - 8:45 am	● and ■	SilverSplash offers LOTS of fun and shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.
Volleyball	Tues/Thurs 8:50 - 9:50 am	●	Net set up in the shallow end and a beach ball is used – Everyone is welcome!
JAWS	Mon/Wed/Fri 10:15 – 11 am	●	This beginner-level low-impact class is designed to increase range of motion and decrease pain due to arthritis or arthritis-like conditions. We will use the resistance of water for muscle strengthening and conditioning.
Hydro Aeroflex	Tues/Thurs 10 - 10:45 am	● and ■	A unique type of class combining low impact AEROBics and FLEXibility training.
AquaLogix	Tues/Thurs 5 – 5:45 pm	■ and ♥	The AquaLogix class is a class using a patented diverse array of aquatic exercise equipment that is purchased by the client. It is the ultimate low-risk, high-reward way to boost your fitness and develop your strength and endurance for total body advancement. The benefits captured by drag resistance provide a superior low-impact workout that produces amazing results. (This class is open to all members. You can do the class without the equipment, you just won't see the results or benefits as fast as the clients using the equipment.)
Water Aerobics	Mon/Wed/Fri 2 - 2:45 pm	■ and ♥	A fun water fitness class focusing both on developing strength, cardio endurance, and flexibility. This class includes moderate to high-intensity cardio combined with strength training - come join the fun!
Aqua Fit	Mon/Wed/Fri 5:00-5:45pm	■ and ♥	A high-intensity class that will target aerobic fitness as well as muscular strength and endurance.

*Exertion:*

● Easiest

■ Middle of the Road

♥ Advanced



# Fitness Schedule

## HEALTH & FITNESS CLUB

1000 West Century Avenue • Bismarck, ND 58503  
701-355-1280 • Touchmark.com

\*All classes and times subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 6:45 am	Yoga	Cardio-Sculpt	Yoga	Cardio-Sculpt			Closed
7 - 7:45 am							Closed
8 - 8:45 am	Zumba® Gold		Zumba® Gold			Open at 8 am	Closed
9:15 -10 am	Posture & Balance		Posture & Balance		Posture & Balance		Closed
10:15 - 11 am		SilverSneakers Muscular Strength & Range of Movement	Qigong	SilverSneakers Muscular Strength & Range of Movement			Closed
11 - 11:30 am							Closed
12 - 12:45 pm						Close at Noon	Closed
1 - 1:45 pm		Bone Builders		Bone Builders		Closed	Closed
1:45 - 5:30 pm						Closed	Closed
5:30 - 6:30 pm	Zumba® Gold			Zumba® Gold		Closed	Closed
6 pm						Closed	Closed
7 pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed



### Exercise Room Hours

**Monday - Friday: 5:40 am - 7 pm**

**Saturday: 8 am - 12 pm**

**Sunday: Closed**

# Description of Classes

All classes and times are subject to change

<i>Class Title</i>	<i>Days/Times</i>	<i>Exertion</i>	<i>Explanation</i>
Cardio- Sculpt	Tues/Thurs 6 - 6:45 am	■ and ♥	An early morning strength class designed to sculpt and tone muscles. Come wake up with this challenging workout!
Yoga	Mon/Wed 6 - 6:45 am	■ and ♥	This class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. Stretching exercises can be adapted to accommodate individual needs so everyone will progress in this class irrespective of your starting point!
Zumba® Gold	Mon/Wed 8 – 8:45 am Mon/Thurs 5:30 - 6:30 pm	■ and ♥	Zumba® Gold is an innovative, fun and exciting program. Zumba® Gold is a fusion of Latin and International music and dance themes creating a dynamic, exciting, and effective fitness program. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body to create a one-of-a-kind workout.
Posture & Balance	Mon/Wed/Fri 9:15 - 10 am	●	Class intended to work on basic balance, flexibility, posture, strength, and coordination.
SilverSneakers Muscular Strength & Range of Movement	Tues/Thurs 10:15 – 11 am	● and ■	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, balls can be used for resistance, and a chair is used for seated and/or standing support.
Qigong	Wed 10:15 – 11 am	● and ■	Qigong is a combination of deep breathing and easy, fluid circular movements. This class has many benefits such as lowering stress, improving balance and concentration, and improving circulation. Qigong is also endorsed by the arthritic, heart and stroke foundation.
Bone Builders	Tues/Thurs 1 - 1:45 pm	All	This exercise program strives to work against the negative effects of osteoporosis. This simple weight training class increases muscle strength and bone density, and protects from osteoporosis-related fractures. It also improves balance, increases energy and mobility, and lowers blood pressure.

*Exertion:*

● Easiest

■ Middle of the Road

♥ Advanced