

# GROUP EXERCISE

## Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Tabata Room 2	Yoga Room 2	Tabata Room 2	Yoga Room 2		
8:30am	Cardio & Strength Training Room 2	Interval Training Room 2	Yoga Room 2	Tabata Room 2	Yoga Room 2	
9:00am						Peach Street Farmers Market (Instructor's Choice of Exercise)
10:00am					Line Dancing Room 2	
6:00pm	Line Dancing Room 2	Zumba Gym	Yoga Room 2	Zumba Gym		
7:00pm	Tabata Room 2	Yoga Room 2	Tabata Room 2	Yoga Room 2		



# *Fitness* at the ARC

## **Fitness Classes**

Fitness classes are open to those with a Recreation Center membership. Non-members are eligible to take fitness classes with a purchase of a day pass.

Members who need advice on weight room equipment may set up a meeting with Recreation Specialist, Lauren Stroud, at 979-849-4364 ext. 4104.

Classes are subject to change.

For monthly fitness schedules, visit the Recreation Center front desk or online at [www.angleton.tx.us/273/Adult-Programs](http://www.angleton.tx.us/273/Adult-Programs).

*Group Fitness classes are able to register online by visiting:*

<https://secure.rec1.com/TX/angleton-tx/catalog>

**If you have suggestions about classes you'd like to see, please contact Lauren Stroud at 979-849-4364, ext. 4104.**

## **Tabata**

Tabata is a type of HIIT—one subsection under the broad umbrella of high-intensity interval training. Specifically, it's a four-minute workout consisting of 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest. For 13+ years.

## **Interval Training**

Come build strength and stamina from a combination of cardio, strength and bodyweight workouts. For 13+ years.

## **Line Dancing**

Exercise by dancing to lively, upbeat music. This is a fun way to socially dance, no partner necessary. For 13+ years.

## **CARDIO & STRENGTH Training**

A mix of both cardio and strength workouts to power your morning routine. For 13+ years.

## **Yoga**

Improve balance, strength and flexibility. Find your breath and movement working together as you free your mind and body. For 13+ years.

## **Zumba**

Join the party! Latin dance routines featuring interval training sessions that combine slow rhythms and resistance training. For 13+ years.

# Aquatics at the ARC



## Pool Hours

### MONDAY – FRIDAY:

6:00am – 9:00am (*Adult Swim Only*)  
with hour reservation increments and a 30-minute  
cleaning/sanitization period

9:00am – 7:00pm (*Open Recreational Swim*)  
with hour reservation increments and a 30-minute  
cleaning/sanitization period in between each hour

### SATURDAY:

8:00am – 7:00pm (*Open Recreational Swim*)  
with hour reservation increments and a 30-minute  
cleaning/sanitization period in between each hour

### SUNDAY:

1:00pm – 6:00pm (*Open Recreational Swim*)  
with hour reservation increments and a 30-minute  
cleaning/sanitization period in between each hour

Space is limited. Reservations can only be made the day of coming into swim. Lap Lanes are open for registration in hour increments. Reservations are to be made 24-hours in advance by contacting front desk staff or registering online.

## **SPLASH!**

This class concentrates on cardio water exercises by providing a gravity free environment. It's easy on the joints and provides an excellent work out.

**Facility:** Angleton Recreation Center

**Date:** Monday – Friday

**Time:** 8:15am – 9:00am (M – F)

5:30pm – 6:15pm (T, W & TH)

**Age:** 13+

## **AQUA ZUMBA**

Don't miss this pool party that combines Zumba and water exercise. The water's resistance cushions your feet, knees and back as you dance and get a low-impact but challenging workout.

**Facility:** Angleton Recreation Center

**Date:** Mondays, Thursdays, Saturdays

**Time:** 5:30pm – 6:15pm (M)

9:00am – 10:00am (S)

**Age:** 13+ years

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## **Pool Rules**

- All pool users must wear a lined swimsuit. No street clothes, cut offs, basketball shorts or makeshift bathing suits allowed.
- Children three years and under must wear a swim diaper under their swimsuit. Swim diapers can be purchased at the front desk.
- All children four years old and under must have an adult within arm's reach at all times (no more than three children per adult).
- The last 15 minutes of every hour are designated as safety break times for all to exit the water.
- Lifeguards may impose additional rules to ensure the safety or enjoyment of patrons.

## **Weather Policy**

The natatorium closes with inclement weather that includes lightning at the recommendation of the National Lightning Safety Institute, American Red Cross and National Weather Service.

**Please reserve your hourly Recreation Swim spot by calling the Angleton Recreation Center at 979-849-4364 option 5.**