

Lynda Huey's Waterpower Workout

Registration form for 2010-2011

PLEASE NOTE-PLEASE MAKE CHECKS PAYABLE TO "HAN" OR "HUEY'S ATHLETIC NETWORK"

Start dates for the 8 week sessions in 2010 are the first Monday of Oct and Dec, and in 2011 the first Monday of Feb, April June, August, October and December.

Registration forms are available from the Receptionist at *CompletePT* during clinic hours.

Holiday Exclusions will be announced by the instructor at the start of the session.

The Original Waterpower Workout

For those seeking a challenging high-intensity workout. Experience with water aerobics is helpful but not necessary. This class is not appropriate for those with acute medical conditions.

GOALS/CONCEPTS:

- **Increase cardiovascular endurance**
- **Improve strength training by completing resistance training using aquatic equipment on extremities.**
- **Speed changes to high intensity on the tether during Deep Water Intervals.**
- **Complete exercises away from the wall or free floating.**

A. The Original Waterpower Workout 3-day Program

Days and Times: Mon 7:00 pm, Wed 7:00 pm, Sat 2:00 pm

B. The Original Waterpower Workout 2-day Program

Days and Times: Mon 7:00pm, Wed 7:00pm

C. The Original Waterpower Workout "Saturday-Only" Program

Day and Time: Sat 2:00 pm

Gentle Intensity Waterpower Workout

Designed for those whose condition requires an easier level of exercise. Whether you are recovering from surgery or starting your first exercise program in years, you will appreciate our instructor taking you through a gentle pool program you can do at your own pace.

GOALS/CONCEPTS:

- **Increase cardiovascular endurance**
- **Complete exercise at your own pace (speed changes are not required) at an easy to moderate intensity.**
- **May complete Deep Water Exercises at the wall or tethered depending on level of ability.**
- **Most exercises completed at the wall or in a "braced" position rather than free floating.**
- **Increase strength training by using the water as resistance rather than using higher level aquatic equipment if necessary. Using resistance devices are NOT required of this class.**
- **Slower pace, lighter intensity.**

D. Gentle Intensity Waterpower Workout 2-day Program

Days and Times: Tu 7:00pm, Th 7:00pm

E. Intermediate Intensity Waterpower Workout 2-day Program

Days and Times: Tu 8:00 pm, Th 8:00pm

F. Gentle Intensity Waterpower Workout 3-day Program

Days and Times: Tu 7:00 pm, Th 7:00 pm, Sat 3:00 pm

G. Intermediate Intensity Waterpower Workout 3-day Program

Days and Times: Tu 8:00pm, Th 8:00 pm, Sat 3:00 pm

H. Saturday Only Option

Day and Time: Sat 3:00pm

I. Drop-In Class

Day and Time: Sat only @ 3:00pm

**Please make checks payable to “HAN,” or “Huey’s Athletic Network”
and return this registration form to the receptionist**

Name: _____

Email: _____

Daytime Phone: _____

Do you have an injury we should know about? If so please describe:

- **No partial courses. You must choose a session that is listed**
- **You may attend only the classes for which you register**
- **There will be no make-ups.**

I, _____, have read the concepts of each class and have chosen the following session based on my current abilities. _____

Sign

Date

Session	Description	Days	Fee
_____Session A	The Original 3-day Waterpower Workout	Mon/Wed/Sat	\$360.
_____Session B	The Original 2-day Waterpower Workout	Mon/Wed	\$240.
_____Session C	The Original 1-day Waterpower Workout	Sat	\$120.
_____Session D	The Gentle Intensity 2-Day Program	Tu/Th	\$240.
_____Session E	The Intermediate Intensity 2-Day Program	Tu/Th	\$240.
_____Session F	The Gentle Intensity 3-Day Program	Tu/Th/Sat	\$360.
_____Session G	The Intermediate Intensity 3-Day Program	Tu/Thu/Sat	\$360.
_____Session H	The Gentle/Intermediate Intensity	Sat only	\$120.
_____Session I	Drop-In Class-exact change before class	Sat only	\$ 20.

Payment by Visa or Mastercard only
(Sorry, we cannot process Discover or AMEX)

Credit Card Number: _____ **Expires** _____

Name on credit card: _____

Signature: _____

Payment by Check

Please make checks payable to “HAN” or “Huey’s Athletic Network”

Check Number: _____

Please note: there will be a \$50. administrative fee for late registration.