

Lynda Huey's Waterpower Workout

Registration form for March 2010

Session runs for 4 weeks, March 1-31. Pool may be closed in April for renovations.

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. Saturday only and Drop-in class option-all levels**
Day and Time: Sat 2:00 pm

Gentle-Intermediate 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 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.**
 - **Exercises may be 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-Intermediate Intensity Waterpower Workout 3-day Program**
Days and Times: Tu/Th 7:00 pm, Sat 2pm (all levels on Saturday)
Please note:
Tu/Th 8:00pm and Sat 3:00 pm class not currently available
- E. Gentle-Intermediate Intensity Waterpower Workout 2-day Program**
Days and Times: Tu/Th 7:00pm
Please note:
Tu/Th 8:00 pm class not currently available
Please note:
Sat only 3:00pm class currently not available

Registration form: please complete and return 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	3-Day Original WPW	Mon/Wed (7pm), Sat (2pm)	\$180.
Session B	2-Day Original WPW	Mon/Wed (7pm)	\$120.
Session C	1-Day Saturday All-Level	Sat (2pm)	\$60.
Session D	3-Day Gentle-Intermediate WPW	Tu/Th (7pm), Sat (2pm)	\$180.
Session E	2-Day Gentle-Intermediate WPW	Tu/Th (7pm)	\$120.
	Drop-In Class-Check or Credit card please	Sat (2pm)	\$ 20.

PAYMENT BY CREDIT CARD

Visa or Mastercard only

Sorry, we cannot process Discover or AMEX

Credit Card Number: _____ Expires _____

Name on credit card: _____

Signature: _____

PAYMENT BY CHECK

Check Number: _____

NO CASH

Sorry, we cannot process CASH

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