RICHARD E. WORKMAN Sports & Wellness Complex

AQUA TIDINGS

September - 2017

Upcoming Events

NO AQUA CLASSES
Monday September 4th
in observance of Labor Day

STAY INFORMED

NEW CLASS ADDED:

Gentle Water Works
Thursdays - 5:30pm
with Tara Beard

download the App
Workman Sports Complex
from the App store on mobile devices & smart phones.

We want to hear from you

To inspire out readers we would like to feature your story in one of our upcoming newsletters. Please share a a personal story depicting the positive effects our aquatic classes have had in your life. These stories can be turned in to :
Kelly Schottman

This Month's Featured Class: Aqua Fitness

Our Monday and Wednesday morning Aqua Fitness classes are taught by Michelle Boatman and Annette Donaldson. These classes are super for getting that heart rate up as well as conditioning to help strengthen the body and gently build endurance. Working your muscles and focusing on your core pl well. The fun atmosphere and encouraging instructors help you every step of the way. The last part of the class encorporates slower movements to give your body the cool down it requires to bring an end to this amazing water workout. This class uses equipment such as waterbells, boards and noodles. Come join the fun at 9:00am. This is the water workout is great for anyone.

Be sure to try out all of the aqua classes!

Food for thought…

Let's add to the colorful plate of fruits and veggies we talked about last month. One protein that is high in fiber and amazing for you is Legumes. Legumes are beans, lentils, chick peas or snow peas.

This months challenge is to add legumes to whatever you eat. They can be added to salads, rice or any other dishes. Keep those fruits and veggies coming but kick it up a notch with one of the many legumes. (food charts available upon request)

Our Aqua Instructors:

Tara Beard - Aqua Blast, Gentle Water Works	facebook.com/tara.d.beard
Gigi Behl - Sub	facebook.com/gigi.boosbehl
Michelle Boatman - Aqua Fitness	facebook.com/mhenkelmanboatman
Annette Donaldson - Aqua Fitness	facebook.com/annette.musser.9
Kay Foreman - Sub	facebook.com/kay.u.foreman
Karen Henkelman - Sub	facebook.com/karen.henkelman.9
Kelly Schottman - Aqua Zumba	facebook.com/kelly.schottman
Nancy West - Aqua Tai-Chi, Sensitive Points	facebook.com/nancy.lightwest