

AQUATIC and FITNESS SCHEDULE

effective 01/01/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES:
		7:30-8:30 Power Kick Start (Advanced)		7:30-8:30 Power Kick Start (Advanced)			
					8:30-9:15 Sunrise Circuit (Advanced)		Interested in a Personalized Exercise Program? Call Lucy to set up appointment at x5024 or 860-380-5024 (outside Duncaster)
	9:00-9:45 Power Balance (Intermediate)	9:00-9:45 Move, Stretch & Strength (Intermediate)	9:00-9:45 Power Balance (Intermediate)	9:00-9:45 Dynamic Series: Light Weight Line Dancing (Intermediate)	9:30-10:15 Chair Yoga (Low Intensity)	9:00-9:45 Core Fit (Advanced)	
	10:15 -11:00 Gentle Yoga (Low Intensity)						Exercise Studio always available for use when classes are not in session
	10:15-11:00 Cardio H ₂ O (Intermediate)	10:15-11:00 Aqua Yoga (Low Intensity)	10:15-11:00 Cardio H ₂ O (Intermediate)	10:15-11:00 Aqua Fit (Intermediate)	10:15-11:00 Cardio H ₂ O (Intermediate)	10:15-11:00 Aqua Circuit (Intermediate)	
11:00-3:00 Family Swim Lifeguard on Duty	11:30-12:00 Gentle Balance (Low Intensity)		11:30-12:00 Sit & Be Fit (Low Intensity)	11:30-12:00 Gentle Balance (Low Intensity)	11:30-12:00 Sit & Be Fit (Low Intensity)	11:30-12:00 Sit & Be Fit (Low Intensity)	Lap swimmers/walkers have priority in the designated pool lap lane.
	12:00-1:00 Pools and locker rooms closed for cleaning						
		1:30-2:15 Water Walking (Low Intensity)	1:30-2:15 Gentle Yoga (Low Intensity)	1:30-2:15 Water Walking (Low Intensity)	Classes are for residents and members only. To inquire about membership, please call 860-380-5024.		One-on-One Personal Training available Monday-Friday. Contact Lucy to discuss fees and availability at x5024 or 860-380-5024 (outside Duncaster)
		1:30-2:15 Qi Gong (seated) (Low Intensity)		1:30-2:15 Qi Gong (Low Intensity)			
	3:30-4:15 Aqua Fit (Intermediate)		3:30-4:15 Aqua Fit (Intermediate)				

Other Duncaster Aquatic & Fitness Services:

Duncaster Assessment

The Duncaster Assessment is available for free to all full-year members of the Aquatic & Fitness Center. It is a two-part assessment which measures your current physical fitness level by testing your upper and lower body strength and flexibility, balance and agility, and aerobic endurance. Both parts take approximately 30 minutes. The test results enable us to develop program recommendations based on an individual's specific physical strengths and weaknesses. It also allows us to develop classes that meet the needs of our members and assess the impact of those classes.

Personal Training

Duncaster's Personal Trainers are nationally accredited through professional associations such as ACSM, ACE, or NASM. They possess a thorough understanding of cardiovascular and respiratory health, muscle strength, muscle endurance, posture, flexibility and coordination training. This knowledge allows them to expertly create, modify, and monitor an individual's fitness routine. Our trainers will guide you in choosing a fitness plan that will best meet your goals, whether it is for: fall prevention and balance, weight loss or body fat reduction, improving mobility and strength, or to decrease discomfort. Using realistic short and long term goals, your personal trainer will be your guide and teacher so that you are successful. He/she can help you identify and overcome obstacles such as lack of motivation, time management, pain and injuries. Additional fees do apply. Contact Lucy Eyre, Wellness & Fitness Coordinator, at 860-380-5024 for information.

Gym Orientation

Want to get to know the gym equipment? Give us a call at 860-380-5024 or drop by the gym and we can arrange a convenient time to walk you through the equipment and its proper use.

Family Swim Sundays

Bring your whole family to Duncaster and enjoy our lap pool! A lifeguard is on duty from 11:00am - 3:00pm each Sunday. Please have your guests sign a guest waiver at the Aquatic & Fitness Center Reception Desk prior to using the pool or gym equipment.