

Dear Friends:

Welcome to the Olive D. Overly Cook Fitness Center!

It is with pleasure that we invite our “extended family” to enjoy and benefit from participation in our state-of-the-art Fitness Center.

Prior to using the Center, we would ask that you:

1. Complete the application and forward same to Brenda Brosious, Fitness Coordinator.
2. You will receive the Health History and Release Forms during orientation after we have received your application.
3. Call Brenda Brosious, at 775-2300, extension 1177 or e-mail her at brosiusb@thehighlands.org, to schedule your orientation. Your membership card will be issued at that time. (This applies to new members only).
4. Thereafter, always bring your membership card with you and use The Highlands Main Entrance.

Thank you for your interest... and “commit to keep fit”!

WATER PROGRAM SCHEDULE

Muscle Toning Water Exercise Class

Monday..... 1:30 p.m. - 2:15 p.m.
Wednesday..... 10:00a.m.-10:45 a.m.

Water Walking with Range of Motion Exercises

Monday..... 2:15 p.m. - 3:00 p.m.
Wednesday..... 10:45 a.m.-11:30 a.m.

Lap Swimming

Daily 6:00 a.m. - 10:00 a.m.
Tuesday - Friday..... 1:00 p.m. - 3:00 p.m.
Everyday..... 5:00 p.m. - 8:00 p.m.

Free Swim Time

Monday, Tuesday,
Thursday, Friday..... 10:00 a.m. - 1:00 p.m.
Wednesday..... 11:30 a.m. - 1:00 p.m.
Monday – Friday 3:00 p.m. - 5:00 p.m.
Saturday and Sunday 10:00 a.m. - 5:00 p.m.



MEMBERSHIP APPLICATION

Name (self): _____

Name (spouse): _____

Address: _____

Phone: _____

Group Exercise

Current Schedule

Please refer to the weekly bulletin for up-to-date group exercise classes.

Monday

<i>Tai Chi</i>	<i>10:00am</i>	<i>Auditorium</i>
<i>Exercise</i>	<i>2:00pm</i>	<i>Auditorium</i>
<i>Wii Games</i>	<i>2:30pm</i>	<i>Auditorium</i>

Tuesday

<i>Yoga</i>	<i>10:00am</i>	<i>Auditorium</i>
<i>Circuit Blast</i>	<i>2:00pm</i>	<i>Fitness Center</i>

Wednesday

<i>Walking Club</i>	<i>8:00am</i>	<i>Main Lounge</i>
---------------------	---------------	--------------------

Thursday

<i>Light weights/stretches</i>	<i>10:00am</i>	<i>Auditorium</i>
--------------------------------	----------------	-------------------

Friday

<i>Line Dancing</i>	<i>9:30am</i>	<i>Auditorium</i>
<i>Yoga</i>	<i>10:45am</i>	<i>Parlor</i>

Revised 09/18/13

G:\Groupdat\Marketing\FORMS



Olive D. Overly Cook Fitness Center

*Future Residents
and
Board of Directors*

PROGRAM SCHEDULE

