

THE WATERFALL *Athletic Center*

MAKE A SPLASH AT WATERFALL

Water aerobics is a form of exercise that involves performing movements in the pool, such as jogging, twisting, lunging and performing jumping jacks. The warm water provides a supportive, cushioning medium, but may feel quite different than pounding the pavement in your favorite running shoes. It can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility.

The swimming pool at Waterfall is a fun place to be while getting a great workout. Plan to join your fellow members beginning April through October for Water Aerobics offered complimentary to members two days per week.



YOGA

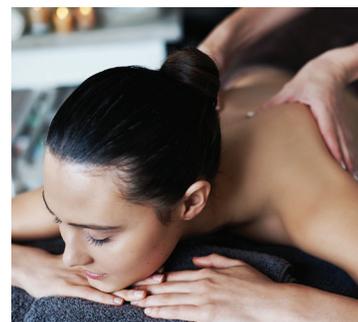


Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Yoga helps increase your metabolism, lower inflammation and change the way your body reacts to stress and not just during your Yoga session, but potentially throughout the rest of your day. Yoga is offered free to our members one day a week from May through September.

THE SPA AT WATERFALL

The Club is preparing for the opening of The Spa on March 10 and we are all anticipating a wonderful 2017 season. The Spa is fortunate to have two Massage Therapists, Anne Fresco and April Gibson returning for another season. Both were highly praised last season and we are pleased they will be with us again.

Years of research and clinical studies prove that massage therapy can have a lasting impact on your health and lifestyle. While even a single massage can enhance your positive health benefits, massage therapy is cumulative—the more you go, the healthier you'll feel. For this reason, Waterfall Club offers massages daily beginning March 10 by appointment seven days a week. Simply call Sheri with two days advance to schedule an appointment. Beginning May 6 and continuing through Labor Day weekend, Anne or April will be on-site every Saturday and Sunday, from 10 a.m. to 5 p.m., allowing access to the ongoing benefits of massages. Members can make an appointment ahead of time or drop-in and the therapist will be glad to assist.



**FOR CLASS DATES AND HOURS, CALL
MEMBER SERVICES DIRECTOR SHERI YORK AT 706-212-4000.**

